

PSYCHOEDUCATIONAL WORKSHOPS

Wellness, Community, Support

Whether you are seeking a one-time workshop, a series of trainings or ongoing assistance with organizational or community change, Give an Hour is here to help. Workshops and coaching encompass topics that include mental health, emotional wellness and prevention. Give an Hour is available to support your community or organization with training and capacity building in mental health, emotional wellness and prevention topics. Below are samples of the workshops we offer.

Psychoeducational Workshop Selection

Give an Hour offers a variety of psychoeducational workshops, which are brief interactive, fun and easy trainings opportunities to learn about challenges and specific solutions or coping techniques for that challenge.

All of our training are customizable to meet the unique needs of individuals, communities and organizations.

Interactive, Fun & Easy
Fully Customizable
Flexible and Convenient

PSYCHOEDUCATIONAL WORKSHOPS

» Prioritizing Wellness – Knowing the Signs of Emotional Suffering (60 minutes)

Participants will learn: How to recognize emotional suffering in themselves and others, the healthy habits of emotional wellness, and how to build communities of support.

» Prioritizing Wellness – Making Self-Care a Priority and Accessing Treatment (60 minutes)

Participants will learn hands on strategies and healthy coping skills to increase their personal resilience and emotional wellness. Additionally, participants will learn how to access and navigate their behavioral health treatment

» Prioritizing Wellness – Building Connection and Empathy (60 minutes)

Empathy and ability to connect with other is often seen as something that is inherent, in this 60-minute workshop we will learn scientific practices to increase gratitude, empathy and self-compassion as means to build better connection with peers, family and colleagues.

» Guarding Your Peace: Setting Boundaries as a Self-Care Practice (60 minutes)

Participants will discuss life balance and the black, white and gray areas of boundaries will be explored. Participants will learn how to assess the many choices and opportunities that are presented each and every day and to effectively manage and prioritize the have to, the want to and the no, but thank you.

» Understanding and Preventing Vicarious Trauma (60 minutes)

Once a person recognizes the need for mental health support, finding that support can be challenging. In this 60-minute presentation participants will learn about risk factors and preventive factors of vicarious trauma. At the end of this workshop participants should be able to identify burn-out and compassion fatigue symptoms.

» Accessing Treatment and Telling Your Story (60 minutes)

Participants will learn about behavioral health care, how to access treatment, how to talk with their provider about their mental health and quality of life concerns

Cost

- 60 minutes training - \$1,200 for up to 40 people
- 2 hour training - \$2,500 for up to 40 people
- Package of four Training \$5,000 – up to 40 people – offer 25% discount of \$3,725 non-profits