



## Workshops available by Care to Change

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### General Topics

- What is mental, emotional, and behavioral health?
- Anxiety/Depression
- Knowing When it is Time for Therapy
- Supporting Military Families
- Suicide Prevention/QPR Training
- PTSD
- Love Your Body/Know Your Worth
- Body Image/Eating Disorders
- 40 Assets
- Adverse Childhood Experiences
- Trauma Informed Care

### For Teams

- Compassion Fatigue/Burn Out
- Taking Care of Your Team & Avoiding Toxic Stress
- Trauma Informed Classrooms, Organizations, and Communities
- Personalities/Communication Styles
- Conflict Resolution
- Stress Management/Trauma Sensitive Exercise

### For Parents

- Knowing When to Medicate
- Parenting 101
- Parenting in the Modern World
- The 4 Keys to Parenting
- Parenting Difficult Behaviors
- Building Relationships with Kids from hard Places (adoption/foster care support)
- ADHD
- Anxiety/Depression/Stress management
- Trust Based Relational Intervention
- Teens & Technology
- Self Harm & Suicide in Teens
- LGBT in teens
- Teen Girls & Hard Topics

### For Churches

- Biblical Counseling versus Traditional Therapy
- Addictions in the Church
- Mental Health & the Church
- Suicide & the Church
- Anxiety/Depression/Stress management
- The State of Marriage Today
- Compassion Fatigue/Ministry Burnout

### For Marriages

- The Art of Communication
- Conflict Resolution
- Granting & Seeking Forgiveness
- The Pathway to Intimacy
- Roadblocks to Intimacy
- Sex Addiction & Marriage
- Anger in Marriage

### For Employers

- Improve your mood – How to improve overall mental health
- Suicide prevention – How to recognize symptoms and what to do about it (using the national QPR model)
- Anxiety/Depression – How to recognize symptoms and what to do about it
- Avoiding stress and potential burn out of working with people
- Communication and Conflict Resolution
- Working With Difficult People
- Keys to Taking Care of Your Body for Optimal Mind/Body Connection