

Child Rearing

Building Strong Families-13 2-hour modules available on a variety of topics related to family relationships and household management



Strong Parents Stable Children- 4-hour workshop on Protective Factors

Parenting a Second Time Around (PASTA)- 8 2-hour session series for individuals raising the children of relatives

Focus on Kids- 2.5-hour class on successful co-parenting

Well-Being

Chronic Disease or Pain Self-Management- 6 2-hour sessions on leading a healthy life with chronic conditions



Psychological First Aid- 8-hour training for supporting others after a natural disaster or mass casualty event

Stress First Aid- 4.5-hour training for recognizing signs of severe stress in themselves and colleagues

Youth/Adult Mental Health First Aid- 8-hour training that certifies individuals for three years in action steps for assisting a youth or adult who is having a mental health challenge

RESPOND: Building Community Resilience*- 1-hour session on responding to someone who is in needing support during a mental health challenge

Understanding Grief and Loss*- 2-hour session on how to cope and support others through times of loss

Changes and Transitions During Stressful Situations*-

1-hour session navigating changes in the workplace during stressful times including understanding the experiences of others.



Burnout, Emotional Intelligence, & Empathy during Stressful Situations*- 1-hour session on the benefits of emotional intelligence in the workplace

Taking Care of You*- 8 1-hour session series or 1-2 hour overview session about finding balance and joy in life

*Form our Stress A Little Less Professional Development Package available altogether for a discounted rate!



Aging Well

Boost Your Brain and Memory– 8 1-hour session series on the different aspects of health and their impact on the brain

WITS Workout– 8 1-hour session series utilizing intellectual activities “brain games” to improve brain health



Alzheimer's Association Programs–

Numerous 1-hour sessions on a variety of topics including brain health and providing care for individuals with dementia

Who Gets Grandma's Yellow Pie Plate– 2-hour presentation on passing on personal possessions as opposed to titled property

Starting The Conversation– 2 hour presentation on having productive conversations with aging parents about their wellbeing

A Matter of Balance– 8 2-hour session series on reducing the fear of falling by improving balance and making safe choices

Healthy Relationships and Violence Prevention

One Love Foundation Programs– A variety of 1 hour of facilitated discussions for youth regarding intimate partner violence and healthy relationships



Seven Principles for Making Marriage Work– 8 1.5- hour session series on strengthening the couple relationship (whether married or in a committed relationship)

Green Dot Bystander Intervention– 1-hour overview session or 6 hour training on how everyone can take actionable steps to make their communities safer

Safety and Substance Misuse Prevention

Generation Rx– 1– hour sessions regarding prescription safety for older adults or youth

Catch My Breath– 1-hour Juul and E-cigarette education



Early Care and Education

We offer FREE child care training clock hours on a variety of topics!

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