



Respected. Nurtured. Protected.

Professional Development Catalog

2023-2024

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Our mission is to promote mental health and prevent abuse by empowering children, parents, and teachers with assertiveness skills, emotional control, empathy, resilience, and the ability to resolve conflict non-violently.

Overview

ChildBuilders' goal is for all children to grow up to be adults who can cope with adversity, strengthen their communities, constructively participate in civic life, and nurture the next generation to do the same. We believe that by doing this, we work toward a safer, happier, and more productive future.

Our organization has been serving the Houston community for nearly 50 years. Founded in 1974 by a group of child advocates dedicated to improving mental health services for Houston area children, the core of ChildBuilders' work has evolved from expanding treatment options for children in need of psychiatric intervention to preventing the trauma that contributes to mental illness.

Today, our mission is to promote mental health and prevent abuse by empowering children, parents, and educators with knowledge and skills to keep themselves and each other safe. **These skills include:**

- assertiveness,
- empathy,
- responsible decision-making,
- emotional control, and
- resilience.

ChildBuilders' cost-effective, sustainable model trains school personnel, community volunteers, and parents to help Houston's youth to identify and avoid unsafe situations; develop empathy and strong decision-making skills; establish and maintain healthy relationships; and prepare for their future role as nurturing parents. **Our strategy involves:**

- developing developmentally appropriate curricula,
- training and mentoring school personnel to teach the curricula,
- presenting directly to **students, parents, and educators** on a variety of topics promoting mentally healthy behavior,
- tailoring programs to the needs of the community, and
- providing access to online learning and resources.

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Workshops & Training At A Glance

Curriculum Training

ChildBuilders trains school personnel and other professionals to teach the following programs in half-day (4hr) or full-day (8hr) professional development workshops. ChildBuilders offers CPE credits for educators and CEU credits for licensed professional counselors and social workers. If you are interested in receiving continuing education credits for your curriculum training or workshop, please contact our office at admin@childbuilders.org or (713) 481-6555.

Education for a Caring and Resilient Future

- Parents Under Construction, Grades 7-12 (8hr)
- Build to Nurture, Grades PreK-1 (4 hr)

Relationship Education

- Relationship Smarts PLUS, Middle and High School (8 hr)
- Love Notes, High School & Young Adults (8 hr)

Personal Safety Education

- Stand Strong • Stay Safe Early Childhood, Grades PreK-1 (4 hr)
- Stand Strong • Stay Safe Elementary, Grades 2-5 (8 hr)

Workshops

ChildBuilders presents 60-minute workshops to parents and professionals on a variety of topics. A selection of student presentations is available. Unless otherwise indicated, these workshops can be held in person or virtually.

Parents, Caregivers, and Community

- Feeling Stressed? Learn Mindful Parenting
- Keeping Children Safe in a Troubled World
- Parenting With Empathy Part 1: Creating a Nurturing Environment for Children
- Parenting With Empathy Part 2: Connection and Correction
- When Life Gets Hard: Parenting Through Trauma
- You've Got This: Parenting and Children's Mental Health

Educators

Continuing education available for these workshops – please contact us.

- Care for the Caregiver (3 hours; in-person only)
- Cultivating Healthy Classrooms With Empathy & Connection
- Mind Matters: Overcoming Adversity and Building Resilience
- Mindfulness Practices for Your Classroom
- Navigating Rough Waters: Post-Pandemic & Children's Mental Health
- Recognizing and Reporting Child Maltreatment
- When Life Gets Hard: Coping with Adverse Childhood Experiences and Trauma

Students

Student workshops are presented in-person.

- Building Healthy Relationships in a Social Media Age
- Dating Violence Prevention
- Stand Strong • Stay Safe - Early Childhood

Curriculum Training

Personal Safety Education

Stand Strong • Stay Safe – Early Childhood (Grades PreK-1)

4 Hours

Curriculum Description

This prekindergarten through first grade curriculum teaches how to prevent victimization through assertiveness skill building. Through interactive presentations and role-play, children learn how to stay safe from bullying, emotional abuse, physical abuse, sexual abuse, and neglect. Follow-up activities, Home Connections, and a Parent Guide allow for ongoing practice and repetition to increase retention of the skills. There are four 20-minute lessons.

Curriculum Content

- Assertiveness
- Power of kind words (Emotional Abuse)
- Inappropriate touch (Sexual Abuse)
- Neglect
- Physical abuse
- Avoiding self-blame

Training Objectives

After attending this training, participants will be able to:

1. Explain the need for safety education.
2. Recognize types of abuse and when to make disclosures.
3. Demonstrate assertiveness and use kind words.
4. Identify core concepts of the curriculum.
5. Implement each lesson.
6. Express confidence in the ability to teach the program.

Stand Strong • Stay Safe – Elementary (Grades 2-5)

8 Hours

Curriculum Description

The content of the elementary curriculum is presented through two curricula. The lower elementary curriculum is designed for 2nd-3rd grade students, and the upper elementary curriculum is for 4th-5th grade students. The safety messages are presented to students over the course of five 45-minute lessons. Each lesson includes a story, discussion of the safety message, and an opportunity for practice and integration of the material.

Curriculum Content

- Assertiveness
- Boundaries and consent
- Stopping abuse
- Bullying
- Digital media safety
- Emotional control
- Handling conflict
- Avoiding self-blame

Training Objectives

After attending this training, participants will be able to:

1. Explain the need for safety education.
2. Recognize types of abuse and when to make disclosures.
3. Understand the key content of each lesson.
4. Facilitate a responsive discussion of each comic story.
5. Express confidence in the ability to teach the program to students.

Relationship Education

Relationship Smarts PLUS (Middle & High School)

8 Hours

Curriculum Description

This 13-lesson, evidence-based relationships skills curriculum for young teens teaches skills necessary for creating healthy relationships. Topics include self-awareness, goal setting, respect, boundaries, dating violence, communication, unplanned pregnancy, and social media. Each lesson is packed with engaging, hands-on, informative, and upbeat activities that build the skills and knowledge necessary to make wise choices and develop healthy relationships now and in the future.

Curriculum Content

- Self-awareness and maturity
- Attraction and infatuation
- Understand and evaluate healthy relationships
- Communication and decision-making
- Dating violence and breaking up
- Sexual decision making and unplanned pregnancies
- Teens, technology, and social media

Training Objectives

After attending this training, participants will be able to:

1. Recognize the nature of romantic attractions and how to build healthy relationships.
2. Recognize the benefits to the low-risk approach to relationships: Decide, don't slide!
3. Identify early warning signs of abuse.
4. Distinguish between healthy and unhealthy relationships.
5. Increase skills in decision making, problem solving, communication, and conflict management.
6. Express confidence in the ability to teach the program to students.

Love Notes (High School & Young Adults)

8 Hours

Curriculum Description

Love Notes is an evidence-based pregnancy-prevention program for at-risk youth. In a 13-lesson adaptation of Relationships Smarts PLUS that integrates relationship skills with practical pregnancy prevention strategies, students learn how to make wise choices about partners, sex, relationships, pregnancy, and more.

Curriculum Content

- Forming and maintaining healthy relationships
- Assessing relationships and making decisions
- Healthy vs. unhealthy relationships
- Effective communication and conflict management
- Intimacy and sexual values
- Unplanned pregnancy and relationship turbulence
- The Success Sequence

Training Objectives

After attending this training, participants will be able to:

1. Demonstrate setting boundaries and applying them at the first sign of disrespect.
2. Identify early warning signs of abuse.
3. Distinguish between healthy and unhealthy relationships.
4. Increase skills in decision making, problem solving, communication, and conflict management.
5. Teach youth to cultivate a personal vision for love, intimacy, and success.
6. Express confidence in the ability to teach the program to students.

Education for a Caring and Resilient Future

Parents Under Construction (High School & Young Adults)

8 Hours

Curriculum Description

This 10-lesson curriculum is designed to enhance students' awareness of how parenting influences children's mental health. The program helps youth today learn the parenting skills they will need in the future. Parents Under Construction increases the social and emotional competence of children and can help prevent physical abuse, emotional abuse, and mental health challenges now and in future generations.

Curriculum Content

- Increase knowledge of parenting responsibilities, demands, and costs
- Learn accurate information about child development
- Develop empathy for children and parents
- Enhance their knowledge about mental health, and understand the relationship between parenting practices and a child's mental health
- Apply a wide range of positive discipline techniques
- Learn strategies for creating a nurturing environment for the well-being of children

Training Objectives

After attending this training, participants will be able to:

1. Explain the need for parenting preparation in secondary school.
2. Connect mental health and parenting practices.
3. Confidently implement the hands-on activities and role-plays included in each lesson.
4. Explain the impact of learning positive discipline techniques now on becoming nurturing parents in the future.
5. Express confidence in the ability to teach the program to students.

Build to Nurture (Grades PreK-1)

4 Hours

Curriculum Description

Build to Nurture is an eight-lesson, interactive curriculum which prepares children with the social and emotional skills they need to become caring, nurturing, and contributing members of their families and communities. This content is easily integrated into prekindergarten through 1st Grade classrooms with hands-on learning, center activities, and parental involvement through Home Connections. Lessons and strategies are used to improve the classroom climate and promote community and connection.

Curriculum Content

- Build a classroom community
- Emotional intelligence
- Assertiveness
- Empathy
- Solve problems and understand consequences
- Kind Words

Training Objectives

After attending this training, participants will be able to:

1. Identify the need for social and emotional learning (SEL).
2. Adopt attitudes and practices that support social and emotional competence.
3. Model healthy social and emotional behaviors for students.
4. Create a positive classroom climate by promoting community and valuing students' personal strengths.

Workshops

Workshops For Students

Building Healthy Relationships in a Social Media Age

Workshop Description

Dating, friendships, family, and other types of relationships take work to maintain. This workshop will give teens information on how to communicate effectively, identify healthy and unhealthy relationships, and navigate social media. Professionals working with teens and parents of teens will gain ideas on how to talk with adolescents about dating and relationships, identifying healthy vs. unhealthy relationships, and other topics teens face today.

Audience

Middle and high-school students

Length

60 minutes

Objectives

After attending this workshop, students will be able to:

- Define respect.
- Identify the three styles of communication and apply assertiveness.
- Recognize healthy vs. unhealthy relationships.
- Recognize the connection between social media and relationships.

Dating Violence Prevention

Workshop Description

Dating violence is when one person intentionally physically, emotionally, and/or sexually abuses someone they are dating. Teens may not be aware of some of the early warning signs of an abusive relationship. This workshop will teach participants to identify healthy relationships, the signs of abusive behaviors, and how to get help.

Audience

Middle and high-school students

Length

60 minutes

Objectives

After attending this workshop, students will be able to:

- Recognize healthy and unhealthy relationships.
- Identify early warning signs of abuse.
- List several ways to date safely.
- Identify different ways to get help.

Stand Strong • Stay Safe -Early Childhood

Workshop Description

Over the course of four 20-minute interactive lessons, young children learn skills to keep themselves physically and emotionally safe. These classes use engaging puppets and age-appropriate scenarios to discuss assertiveness, kindness, physical abuse, sexual abuse, and neglect in an age-appropriate way. Children practice assertive communication throughout each lesson, identify trusted adults they can report to, and learn to recognize potentially unsafe situations. ChildBuilders staff make presentations to students while their classroom teacher is present. Follow-up activities and Home Connection handouts will be provided.

Audience

Prekindergarten through Grade 1

Length

4 20-minute lessons over the course of a week

Objectives

After attending this workshop, students will be able to:

- Identify physically and emotionally unsafe situations.
- Have open and honest discussions about physical and sexual abuse if the need arises.
- Confidently use assertiveness to communicate needs in everyday situations and potentially unsafe situations.
- Make a disclosure to a trusted adult if they experience abuse or other victimization.

Workshops for Parents

Feeling Stressed? Learn Mindful Parenting

Workshop Description

Mindfulness helps you to pay attention to the here and now with kindness, openness, and curiosity.

Participants will learn to let go of their distracted thinking and refocus their attention on the present in a nonjudgmental way. Mindfulness helps parents and guardians find a new way to respond to the day-to-day stress of parenting, calm their mind, become less judgmental, and be kinder to themselves and their children. Offered online or in person. Presented in collaboration with Dr. Ann Friedman and Mindful Being Houston.

Audience

Parents, guardians, and caregivers of preschool and elementary-age students

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Use their toolbox of mindfulness strategies to reduce stress and improve focus in themselves and their children.
- Explain how stress and mindfulness affect the brain.
- Express confidence in using mindfulness practices.

Keeping Children Safe in a Troubled World

Workshop Description

This workshop presents proactive strategies adults can use to recognize and respond to abuse. Participants will develop a general understanding of child maltreatment, learn to identify signs and symptoms of abuse, and explore ways to prevent trauma. While this workshop is great for any adult engaged in parenting or caring for children, it is especially helpful for parents whose children are learning Stand Strong • Stay Safe at school. Offered online or in person.

Audience

Parents, guardians, and caregivers of preschool and elementary-age students

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Define abuse and identify signs and symptoms of abuse.
- Describe warning signs and protective factors for child abuse.
- Discuss strategies to respond to their child if they suspect abuse.

Parenting With Empathy Part 1: Creating a Nurturing Environment for Children

Workshop Description

Children need connection and guidance to grow into healthy adults. This workshop will help you learn to parent with connection in mind, using empathy and assertiveness to reach that goal. You will walk away with hands-on strategies for cultivating connection in your home and a better understanding of how empathy can be used to nurture and guide children. Offered online or in person.

Audience

Parents, guardians, and caregivers of preschool and elementary-age students

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Explain how empathy affects parenting.
- Describe assertiveness in parenting and how to use it effectively to set boundaries and drive connection with children.
- Understand practical ways to set up environments in their home that are intentional for connection.

Parenting With Empathy Part 2: Connection and Correction

Workshop Description

After you've set up environments where your child feels connection and empathy, what comes next? Parenting is about the day-to-day interactions we have with our children that build trust and love. This presentation will focus on connecting with your children while disciplining. Learn strategies to set boundaries and hold children accountable for their choices when they push those boundaries, while maintaining respect for yourself and your child. Offered online or in person.

Audience

Parents, guardians, and caregivers of preschool and elementary-age students

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- List discipline strategies that embody empathy and assertiveness.
- Express confidence in using empathy-based discipline with their children.

When Life Gets Hard: Parenting Through Trauma

Workshop Description

What are Adverse Childhood Experiences? How does trauma impact children? What works to help children who have experienced trauma, such as grief and adversity? In this interactive workshop, participants will learn about how trauma affects development and behavior and leave with 5 strategies to help their child heal from traumatic experiences. Offered online or in person.

Audience

Parents, guardians, and caregivers of preschool and elementary-age students

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Explain the impact of toxic stress on a child's brain and mental health.
- Identify symptoms of toxic stress in a child
- Describe strategies to reduce the impact of toxic stress on a child.
- Express confidence in the ability cope with trauma in their family.

You've Got This: Parenting and Children's Mental Health

Workshop Description

What is typical childhood behavior and when should I be worried? What can I do if my child begins to experience a mental health issue? In this interactive workshop, participants learn about signs and symptoms of mental health concerns in young children and discuss 3 strategies for helping children who may be developing mental health issues. Presented in collaboration with Janet Pozmantier, Consultant. Offered online or in person.

Audience

Parents, guardians, and caregivers of preschool and elementary-age students

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Distinguish between typical childhood behavior and symptoms of a possible mental health issue.
- Explain how to seek help if they are concerned about their child's mental health.
- Express confidence in understanding their child's mental health.

Workshops For Educators

Care for the Caregiver

Workshop Description

Student well-being and academic success depends on the stability and well-being of teachers and caregivers, and many of us have been “hanging by a thread” and/or “burning the candle at both ends.” This highly interactive workshop focuses on self-care and stress reduction for educators and other caregivers. New skills can be applied immediately and many activities can be used with students. Presented in collaboration with Janet Pozmantier, Consultant.

This workshop is held in person only. Maximum attendance per workshop is 25 participants.

Audience

Professionals working with children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

Length

3 hours

Objectives

After attending this workshop, participants will be able to:

- Describe how stress affects functioning on personal, interpersonal, and community levels.
- Demonstrate 3 strategies for stress management, coping with challenges and building resiliency.
- Express confidence in their capacity to build trust and safety among groups.

Cultivating Healthy Classrooms With Empathy and Connection

Workshop Description

Have you been frustrated managing a classroom with out-of-control behaviors? In this workshop, learn knowledge and skills to cultivate a nurturing and empathetic classroom climate. Participants will walk away with hands-on activities and ideas to promote empathy and connection in the classroom and will gain valuable information on setting up a classroom that promotes community. This presentation is less about managing behavior and more about getting to the heart of what children need by modeling assertiveness and respect and using healthy discipline techniques.

Audience

Professionals working with children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Describe the importance of a classroom community.
- Model assertiveness and emotional control.
- Recognize what shame looks like as punishment and the effects it can have on a child.

Mind Matters: Overcoming Adversity and Building Resiliency

Workshop Description

Too many students experience on-going stress, and all too often the underlying trauma of Adverse Childhood Experiences (ACEs) takes a toll. Mind Matters gives educators a way to directly help young people who may have experienced trauma in their lives build skills to self-regulate. During the workshop you will learn fun ways to engage young people in learning self-soothing, emotional regulation, and other neurobiological skills for self-management and recovery. Presented in collaboration with Janet Pozmantier, Consultant.

Offered online or in person.

Audience

Professionals working with children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Describe strategies for teaching youth emotional regulation skills.
- Demonstrate three self-soothing skills.
- List three key, concrete concepts for trauma recovery that can be taught to youth.
- Express confidence in helping youth heal from trauma through the application of self-soothing skills.

Navigating Rough Waters: Post-Pandemic & Children's Mental Health

Workshop Description

Although the pandemic may be receding, another wave is now washing over us: skyrocketing mental health concerns. But what is typical childhood behavior? When should I be concerned? And if a student does begin to experience a mental health issue, what can I do? In this interactive workshop, participants learn about signs and symptoms of mental health concerns in youth and 3 strategies for helping students who may be developing mental health issues. Presented in collaboration with Janet Pozmantier, Consultant.

Offered online or in person.

Audience

Professionals working with children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Distinguish between typical childhood behavior and symptoms of a possible mental health concern
- Identify signs and symptoms of mental health concerns in youth.
- Discuss strategies to seek help for a student who may need mental health support.
- Express confidence in their understanding of student mental health.

Recognizing and Reporting Child Maltreatment

Workshop Description

This workshop will give professionals a better understanding of child maltreatment and its prevalence in our community. They will learn how to get help for children, recognize the signs of abuse, be aware of the reporting laws, and know what to do when a child makes an outcry.

Offered online or in person.

Audience

Professionals working with or around children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Recognize the signs and symptoms of suspected child abuse and neglect
- Explain how to handle disclosures of suspected child abuse and neglect
- Describe the reporting process for suspected child abuse and neglect
- Identify the laws pertaining to reporting suspected child abuse and neglect

When Life Gets Hard: Coping with Adverse Childhood Experiences and Trauma

Workshop Description

What are Adverse Childhood Experiences (ACE's) and how does trauma impact the developing child? How does trauma "show up" in classroom behavior? And what works to help students who have experienced grief and adversity? In this interactive workshop, participants will learn about trauma's effect on development and behavior and 5 strategies educators can use to help students heal from traumatic experiences. Presented in collaboration with Janet Pozmantier.

Offered online or in person.

Audience

Professionals working with children, including child-care workers, teachers, aides, counselors, social workers, and other school personnel.

Length

60 minutes

Objectives

After attending this workshop, participants will be able to:

- Explain how trauma can affect student development and behavior
- Identify symptoms of trauma in a student
- Describe strategies to help a student heal from traumatic experiences
- Express confidence in their ability to help students cope with stress and heal from trauma

Please contact us for booking

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