

Building Pathways For Healthy Minds

Professional Development

One-Hour Workshops

Continuing education credits available for teachers, social workers, and counselors.



Cultivating Healthy Classrooms with Empathy and Connection

Have you ever felt frustrated trying to manage a classroom with challenging behaviors? In this workshop, you will gain the knowledge and skills needed to create a nurturing, empathetic learning environment. Leave with practical activities and strategies that promote empathy, strengthen relationships, and build a sense of community. You will also learn how to connect with children, model assertiveness, and apply mentally healthy discipline techniques suited for early childhood, elementary, and middle school classrooms.

Navigating Rough Waters: Understanding Children's Mental Health

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.

Mind Matters: Overcoming Adversity and Building Resiliency

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.

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

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.



Book Now!

Virtual Webinar - \$200
In-Person Workshop - \$500
Sponsorships Available

