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Workshops and Training For Service Providers

- Understanding Self Harm
- Anxiety: Rational vs Irrational Thought
- Understanding Depression
- Suicide: Unraveling the Myths and Secrets
- Pornography: It's Meeting a Need
- Grief and Loss
- Winning the Battle Against Stress
- Past Experiences: The Impact on Today's Stress Level
- Anxiety and Stress
- What's the Connection: Linking Behaviors
- Understanding Anger
- Addictions: Why They are Hard to Kick
- Victims of Violence: Moving Forward after the Violence
- Understanding Victims of Sexual Abuse
- Understanding the Sex Offender
- Understanding Adult Children of Sexual Abuse
- Underlying Reasons Families of Abuse Stay Together
- Battered Women
- Understanding the Offender of Violence
- Violence and the Workplace
- Understanding Domestic Violence: The Family Unit
- Culture of Complacency
- Helping Families Cope with Separation
- Blended Families: Now What?
- Healthy Families
- Internet Safety: What Parents and Children Should Know
- Violence and Anger: The Impact on the Family
- Relationship Foundations
- Understanding Bullying
- Identifying Victims of Abuse
- Identifying Offenders
- Working with Other Agencies
- Understanding Your Clientele

Sessions can be booked during the day, evenings or weekends.

Workshops can be booked for 1.5 hours, half day, full day, several days