



## IOWA FAMILY COUNSELING

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*\*Fees indicated DO NOT reflect partner school discounts*

*\*\*Fee and materials waivers will be considered  
for not-for-profit organizations.*

### STAFF DEVELOPMENT PROGRAMS

#### **Supporting our LGBTQ Youth**

In the past year, 42% of LGBTQ youth (including more than half transgender or nonbinary youth) seriously considered suicide. This two hour training using the Safe Zone Project curriculum allows your team to gain knowledge to support our LGBTQ+ youth by learning more about the issues that the members of this community face.

#### **Mental Health and Stress Management 101 for Ourselves and Our Students**

While mental health issues are on the rise for our youth, awareness and support are also more prevalent than in the past. In this one-hour seminar, participants get a brief overview of how to recognize and discuss stress and mental health issues, how to problem-solve for emotional regulation, and how to access mental health resources and support.

#### **Problem-Solving for Emotional Regulation- Creating a Personalized Plan**

More and more educators are reporting high levels of stress and burnout. The evidence-based practice taught throughout this workshop helps to give participants the tools they need to actively monitor their own mental health and well-being and identify supports and routines to maintain balance. In this two-hour workshop, we discuss and privately reflect on how we can monitor our own mental health by looking for stressors, physical sensations, and mental symptoms. Participants will learn several strategies and brainstorm additional methods that can be used to regain and maintain mental health wellness. Throughout this workshop, participants will develop their own personalized toolkit for understanding their needs, monitoring their mental health, and maintaining their overall well-being.

#### **Hidden Danger: Recognizing and Supporting Students with High-Functioning Anxiety and Depression**

*I can't believe that happened; they were a well-liked, active student!* While being active and engaged in school activities can have positive effects on students, some of our most academically and socially gifted students struggle with mental health in silence. In this program, we examine the warning signs of mental health issues, how to talk with students about mental health, and how to connect students to mental health resources.

#### **Welcome to Our Class: Trauma Sensitive Practices in the Classroom**

All educators can attest to the impact that exposure to traumatic events can have on student behavior in schools as it is something that they navigate on a daily basis. This introductory course examines the lasting effects of trauma on the brains of both children and adults and gives actionable strategies for making our classrooms safe places for all.

# STUDENT WORKSHOPS AND PROGRAMS (PRESCHOOL-2nd Grade)

## **Recognizing Talking About Our Feelings with Sesame Street**

This is a series of three 25-30 minute lessons covering three topics: Exploring Emotions, Finding Comfort, and Problem Solving. Each interactive lesson combines movement, picture books, discussion, a coloring activity, and take-home materials.

21.K-2.HL.2 - Understand and use interactive literacy and social skills to enhance personal, family, and community health: Demonstrate social and communication skills to enhance health and increase safety: Demonstrate verbal and nonverbal ways to express wants, needs, and feelings appropriately, Choose effective conflict management strategies, Show how to ask for help, Identify ways to communicate care, consideration, empathy, and respect for self and others.

21.K-2.HL.5- Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society: Practice preventative health behaviors: Identify stress and stress relievers.

## **I Like Me Because...**

Throughout this interactive lesson, students will increase their ability to identify and describe the things that make themselves and others unique and special with a goal of increasing their sense of self-esteem. They will learn about the word “acceptance” and be able to describe what it means to accept others and themselves. Throughout the lesson, students gain a stronger sense of themselves and their place within the community.

21.K-2.HL.2 - Understand and use interactive literacy and social skills to enhance personal, family, and community health: Identify ways to communicate care, consideration, empathy, and respect for self and others.

## **What Can We Do When We Are Feeling Angry?**

This workshop focuses on giving our children the vocabulary they need to talk about negative and difficult feelings beyond, “I am mad!” It focuses on recognizing naming, and talking about angry feelings such as disappointment, annoyance, frustration, and embarrassment. In this lesson, we use music, pretending, and social stories as jumping off points for discussion. Children leave with a toolkit of strategies and resources to share with their parents. This workshop can be divided into two 25-30 lessons, which we recommend for younger children.

21.K-2.HL.1- Understand and use basic health concepts to enhance personal, family, and community health: List preventative physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance, and stress reduction.

21.K-2.HL.2 - Understand and use interactive literacy and social skills to enhance personal, family, and community health: Demonstrate social and communication skills to enhance health and increase safety: Demonstrate verbal and nonverbal ways to express wants, needs, and feelings appropriately, Choose effective conflict management strategies, Show how to ask for help, Identify ways to communicate care, consideration, empathy, and respect for self and others; Advocate for personal, family and community health: Recognize mean and violent acts

## **STUDENT WORKSHOPS AND PROGRAMS (3rd-5th Grade)**

### **You Know, You are Awesome! Loving Who You Are and What Makes You Unique**

This 45-minute lesson celebrates diversity in so many ways! How boring would life be if we were all the same?! In this literary-based workshop, students will use picture books to identify all of the ways that people can be unique and wonderful. They will then reflect on the things that make them awesome and unique, so we can celebrate each person being awesome! They may even find that they have things in common!

21.3-5.HL1-Obtain, interpret, understand, and use basic health concepts to enhance personal, family, and community health: Identify examples of physical, emotional intellectual, environmental, social, sexual, and spiritual wellness during childhood; Describe preventative physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance, and stress reduction  
21.3-5.HL.2 - Understand and use interactive literacy and social skills to enhance personal, family, and community health goals: Demonstrate ways to communicate care, consideration, empathy, and respect for self and others

### **What is a Good Friend? Fostering Healthy Relationships Between Children**

As students mature, they begin to realize that relationships are not always so simple. In this 45-minute lesson, students will sort out traits and actions found in healthy and unhealthy friendships. They learn how to stand up for themselves with confidence and integrity and will have the opportunity to practice responding to challenging situations.

21.3-5.HL.2 - Understand and use interactive literacy and social skills to enhance personal, family, and community health goals: Demonstrate appropriate verbal and non-verbal communication skills to enhance health of self and others; practice strategies to manage or resolve conflict; Demonstrate ways to communicate care, consideration, empathy, and respect for self and others

### **Are they a Bully? Recognizing Bullying and Exclusion**

Are they being a bully or just being rude or mean? In this 45-minute lesson, students will gain a better understanding of how to recognize and address bullying, peer exclusion, and relational aggression within their peer relationships. They are given the language that can help them express their feelings and to make sense of what is happening. Students will then gain some strategies for standing up for themselves and others as well as how to report issues to an adult.

21.3-5.HL.2 - Understand and use interactive literacy and social skills to enhance personal, family, and community health goals: Demonstrate appropriate verbal and non-verbal communication skills to enhance health of self and others; practice strategies to manage or resolve conflict; Demonstrate ways to communicate care, consideration, empathy, and respect for self and others; Demonstrate how to influence and support others to make positive health choices; Use assertive communication skills to consistently advocate for a health, violence free environment.

### **When Things Don't Go As Planned: Anxiety, Perfectionism, Flexible Thinking, and Growth Mindset**

Adjusting our expectations and mindset when things don't go as planned is difficult for adults as well as kids! As kids grow, unfortunately their fear of failure can also grow. This fear can show up as avoidance, anxiety, competitiveness, perfectionism, or a variety of other ways. This 45-minute lesson focuses on developing strategies for flexible thinking and a growth mindset.

21.3-5.HL1-Obtain, interpret, understand, and use basic health concepts to enhance personal, family, and community health: Identify examples of physical, emotional intellectual, environmental, social, sexual, and spiritual wellness during childhood; Describe preventative physical and mental health measures, including proper diet, nutrition, exercise, risk avoidance, and stress reduction