

Anger Management	This presentation is geared to explain what anger is, where it may come from, and how to deal with it in a positive and healthy manner. It is geared to show different approaches to managing anger in ways that will help solve problems rather than escalate a situation.
Building Assets in Youth	The 40 Developmental Assets, developed by the Search Institute, are 40 assets of a healthy lifestyle that everyone should focus on. Separated into 8 categories, external and internal assets, you will be able to understand these different aspects of your life and better yourself both internally (personal values, commitment, identity) but also better yourself in aspects relating to the way you communicate and coexist with others (support, boundaries, time). Along with explaining these assets, this presentation will also highlight the impacts they have in people's lives depending on how many of the assets people express. Through expressing as many of these 40 assets as you can, you can begin to make a positive change in both your life and those of the people around you!
Bullying: Prevention & Intervention	This presentation will cover the different types of bullying that kids go through, what role youths play in bullying, the effects and signs of bullying, and what you can do to help. Being such a pertinent topic, this presentation will equip you and your kids to stand against bullying for a better future.
Conflict Resolution	This presentation is meant to show how to resolve conflicts with positive and effective communication. It will look at different types of conflict, causes of conflict, and how to resolve them by going over useful tips and skills that one can take in order to resolve issues in a healthy manner.
Connecting in Isolation	In this workshop, learn new ways to connect with your community, families and friends by using technology and other methods of communication. This workshop will also be talking about how to reframe problems and tweak schedules to reduce our stress in our daily lives.
Discovering Yourself Through Art (Painting)	Discovering yourself through art is a painting workshop that helps you discover who you are as an individual. We will be painting a tree, as a tree is a powerful symbol and has many different layers. In this activity, we will explore those layers and relate them to our own lives
Distance Learning & Privacy	This presentation will cover the two different types of learning that occurs when distance learning or in a hybrid environment. Organization, planning and technology are covered in depth. The workshop is led by parent participation and discussion and needs will be tailored to the unique experience of each workshop. Strategies for both student and parent will be covered and by the end of the workshop parents will have a better understanding of online learning
Effective Communication	This presentation focuses on how to communicate clearly and respectfully with the people in your life. Learn how to get your point across in a way that will encourage people to listen to you. It's a lesson in treating others the way you want to be treated!
Emotions for Kids	This activity driven workshops is made for little ones to learn about different emotions and how to properly cope. Suggested age range is 4-7 years.
Empowering Your Child's Self Esteem	This presentation's purpose is to provide a few ideas and approaches parents can use in order to help improve their child's self-esteem. This presentation will touch on topics such as comparing and contrasting between high and low self-esteem in children, healthy coping skills, what parents can do in order to boost their child's confidence, briefly talk about developmental assets, and offer ways in which parents can use these approaches with their children. The presentation focuses on parents with elementary aged children; however, it is a very useful presentation for parents with children of any age as many of these ideas apply not only to children, but to adolescents and adults as well. We all could use a little confidence booster from time to time!

Goal Setting	Goal setting workshop will explain the different type of goals. Our audience will learn 5 very important tips to achieve their goal proven to work by the American Psychological Association. The workshop's main objective is for the audience to understand what it takes to achieve their goal and most importantly for the audience to know how capable they are to achieve them.
Gratitude	This workshop introduces the benefits of practicing gratitude, how gratitude can change your perspective, and includes an activity where we create something to give to someone else to show gratitude.
Healthy Coping	The presentation will go over the different types of approaches one may take when coping with their emotions, everyday tasks, stressors in our lives, and will also compare and contrast positive coping skills versus negative coping skills (how we deal with things).
Healthy Relationships	This presentation covers what a healthy relationship may look like. It will compare both good (healthy) and bad (unhealthy) relationship habits. The presentation will cover different types of relationships: family, significant others, friends, and such.
Know the Signs	This presentation is aimed to help identify the signs of suicide. It will review myths and facts about self-harm/suicide, warning signs to be aware of, ways in which a person may be a source of support for others.
LGBTQ* 101	This presentation focuses on educating participants on the intersecting identities that comprise the LGBTQIAS2PP+ community. Throughout the presentation you will learn several terms relating to gender and sexual orientation as they are known. This workshop is aimed to educate on the history as well as tackle preconceived notions the community faces
Mind Full or Mindful	Let's de-clutter our mind, and tune in to the present moment. Learn how to treat yourself with kindness, compassion, and acceptance. This workshop will focus on what mindfulness is and why it is imperative to our mental health. We will teach you coping skills, techniques to relax, and guide you through a soothing meditation. Join this mindfulness training and enhance your connectedness to your inner self!
Motivation	This workshop is focused on teaching youth what motivation is and how to get and stay motivated.
NetCetera: Social Media & Internet Safety	Throughout this presentation, you will become familiar with the proper freedoms and limitations your kids should be granted, depending on their ages, when both you and they decide that using the internet should become a part of their life. Along with advice to give to your children, this presentation also offers you knowledge about different forms of communication online, such as social media, and common technical jargon associated with the various activities your kids might participate in. This comprehensive presentation will give you the proper tools to ensure that your children's online browsing remains safe!
Nourish to Flourish (Self-Esteem)	Learn to nurture the relationship you have with yourself by finding your wonderful traits and characteristics, increasing positive self-talk, and understanding what self-care activities work for you. In the self-esteem portion of the presentation we will cover what self-esteem is, the characteristics of both low and high self-esteem, and how to improve self-esteem.
Parenting: Using Rewards & Consequences	This workshop will review what strategies a parent can utilize when implementing a reward/consequence system for their children.
Parenting : Quality Time Counts	This workshop focuses on the importance of parental engagement and addresses how parents can strengthen family bonds and create positive family communication.
Peer Pressure	This workshop is focused on peer pressure and differences between positive and negative peer pressure. We will discuss how to identify both, as well as healthy responses and strategies to practice when dealing with negative peer pressure.
Preparing for the Workforce: Job Searching	This workshop is geared to prepare the participants for the workforce. How to look for employment and things to consider are discussed as well as how to prepare and practice for the interview. Resources of locations and websites that the participants may begin their search are also provided and reviewed.

Respect	This workshop is geared to educate students on what respect is and how to show respect to adults, peers, property and self. Examples of what is respectful vs. not are reviewed.
Stress Management	This presentation will discuss what stress is, how it affects people both physically and mentally, and will go over positive ways to help deal with stress. It will review useful tips, skills, and steps in order to help reduce stress.
Time Management & Organization	This presentation is geared to explain why time management and organization is important at any age. In this workshop we will provide useful tips, strategies, tools and resources that one can utilize to improve one's time management and organizational skills.
Understanding College Options	This workshop will discuss higher education options available after high school and the differences between each one. We will as well review things to consider when selecting an option that is best fit for you and how to prepare.
What is Mental Health?	This presentation is geared toward breaking the stigma associated with Mental Health. What is it? What influences it? How can we recognize the signs of mental illnesses and what can we do to cope with them?