



CAHELP Outreach Team

Trainings Offered:

Building Your Bounce: Promoting Adult Resilience

Learn simple strategies that will help you bounce back from life's ups and downs. Learn about resilience and get a thorough understanding of risk and protective factors. This can be used with teachers, parents – anyone who cares for young children.

Family Fun Days

A family fun hour to build connections with families through stories, art projects, and games.

Getting to Know Us

CAHELP programs and services.

Loving Solutions

Designed specifically for parents raising younger children with challenging behaviors ages 5-10 years. (\$29.00 book per participant)

Parent Project

Designed specifically for parents raising adolescents with intensive behaviors ages 12-18 years. (\$29.00 book per participant)

Parent Toolbox

Participants will take home tools and practice new strategies to support positive interactions and strengthen family connections.

Preparing Our Kids for Success

Parent training designed to support S.A.R.B. and local truancy abatement efforts. (\$5.00 book per participant)

Real Talk

Parent support group.

Social Emotional Learning in the Home

An introduction to Social Emotional Learning in the home.

Supporting the Resilience of Families: Your Journey Together

Learn fun and simple strategies to introduce parents to the concepts of resilience, protective factors, and their role in promoting the resilience of their children and themselves.

Taming Your Wiggles and Giggles Through Sensory Strategies

This training will explore the importance of senses and how to best support children.

To schedule a training at your school, please scan the QR code or visit www.cahelp.org/on-site



Get in Touch

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