THE FAMILY TREE
INFORMATION, EDUCATION & COUNSELING CENTER

Our Mission

To improve the quality of life for individuals and families over the life course through education, counseling and information services that are delivered in a professional, accessible, and compassionate manner.

Training Topics:

Active Listening is more than simply hearing what someone is saying, but also tune into their thoughts, feelings and non-verbal cues. This training will equip participants with practical techniques to enhance their listening skills and improve communication effectiveness. Participants will learn how to engage attentively, validate perspectives and build stronger connections in both personal and professional interactions.

Assertive Communication is a form of communication in which an individual expresses their feelings and needs directly and respectfully. Participants will learn about assertive communication and gain practical strategies for owning their own voice.

Boundaries: Healthy boundaries help you manage stress, impact overall well-being and create vital relationships. Participants will learn about the importance of setting boundaries, how to communicate those boundaries and how to maintain healthy boundaries in your personal and professional lives.

Building Positive Relationships with Children: Participants will be equipped with essential skills and strategies to establish and nurture positive relationships with children, fostering emotional connection, trust, and mutual respect.

Bullying: This training will provide participants with strategies to recognize, address, and prevent bullying in various settings. Through interactive activities and discussions, participants gain insight into fostering a supportive environment and promoting empathy among peers.

Challenging Behaviors and Positive Discipline focuses on creative strategies for addressing discipline situations that feel overwhelming for both the adult and the child. Participants will learn skills related to emotional regulation and communication. Participants will also receive a variety of resources, such as apps, podcasts, and websites.

Coping Mechanisms: Stress is a part of life. Responding to stress in a healthy way can positively impact our physical and mental health. Participants will learn about the stress cycle and explore healthy coping skills, using a variety of techniques (mindfulness, relaxation, healthy habits etc). Resources will also be provided.

Depression and Anxiety: We have all had moments where we have felt sad, afraid or nervous. Often these feelings are short-lived, but we know that is not always the case. This training will focus on understanding stress, anxiety and depression by looking at the signs and symptoms. We will also provide information on treatment options, local resources, and how to support a loved one.

Disarming Your Alarm System: Effective Ways to Manage Anxiety: Anxiety serves as our body's natural alarm system, warning of the possibility of danger. When this system alerts too frequently or intensely and doesn't match actual situations of danger, it can cause great distress. This training will explore when anxiety is adaptive and when it gets in the way. Participants will learn strategies for disarming the anxiety cycle and techniques for managing anxiety.

Diversity Training for LGBTQ: Information coming soon.

Emotional Intelligence, also called EQ, is the ability to be aware of and to manage emotions and relationships. Participants will discover how to recognize, understand and manage emotions to positively impact interpersonal interactions.

Fighting Fair: Healthy Communication Patterns in Relationship: Conflict happens in relationships, and for many of us, conflict can cause discomfort. And yet, if handled well, conflict can strengthen our relationships. This training teaches participants how to manage conflict in a way that allows individuals to express their needs, manage strong emotions and work together to find solutions.

Grief and Loss in Children: Grief is a process unique to the individual and when children experience grief and loss, their responses may leave us baffled. This training will explore how children experience grief and loss, as well as, provide participants with tools and skills to recognize and support grieving children and their families.

Improving Social-Emotional Competence in Young Children: Supporting healthy development of children goes beyond their physical health. Social emotional competence supports the development of children to learn and grow and helps keep families strong. This training will discuss everyday strategies for helping children build social and emotional competence.

Mind and Body Wellness: This training will focus on holistic approaches to achieving overall health and wellbeing. Participants will learn practical strategies for integrating mental and physical wellness practices into their daily routines to enhance resilience and promote a balanced lifestyle.

Nurturing Parenting: The Nurturing Parenting Programs are a family centered, trauma-informed initiative designed to build nurturing parenting skills as an alternative to abusive and neglecting parenting and child-rearing practices. Nurturing Parenting is more than giving a child food, shelter, and clothing. Nurturing Parenting prioritizes creating a loving and supportive environment for children. Participants will learn practical skills to meet the emotional, physical and psychological needs of children.

Parenting in the Digital Age: Social media, screen time, online bullies, and online slang all make the dynamics of modern parenting more complex. This training will equip parents with essential knowledge, skills, and resources to navigate the digital landscape responsibly, promote digital literacy, and foster healthy relationships with technology within their families.

Parenting in the Digital Age (Kids' version): This training will provide children with essential skills and knowledge to navigate the digital age responsibly, promoting digital literacy, safety, and positive digital citizenship.

Positive Parenting is an approach to parenting that emphasizes building strong, nurturing relationships with children while also setting clear boundaries. Participants gained insights into effective communication, understanding children's emotions, discipline techniques and fostering a positive family environment to enhance children's growth and wellbeing.

Question, Persuade, and Refer (QPR): QPR is a two-hour, evidence-based emergency mental health intervention for suicidal persons created in 1995 by Paul Quinnett. Participants will learn the most recent suicide statistics, common misconceptions about suicide, and how to detect early warning signs of a suicide crisis.

Self-Care: Managing and Avoiding Burnout- Have you ever felt like you are running on fumes with the check engine light on? While stress is a part of life, prolonged stress can cause detachment, pessimism and a loss of enjoyment in work. This training will explore what can lead to burnout, methods to reduce workplace stressors, and stress-relieving techniques.

Talking to Young Children about Race: Contrary to the common belief that young children "don't see race," research indicates that racial awareness starts early. This training will equip participants with essential skills and strategies to engage children in meaningful conversations about race—fostering empathy, understanding and a more inclusive environment for all.

Understanding Trauma- This training explores the complex effects of traumatic experiences on individuals' mental and emotional health. Participants will learn about various types of trauma, from acute incidents to ongoing stressors, and explore how trauma can manifest in behaviors and emotions. Participants will gain insight into recognizing trauma symptoms, fostering resilience, and providing supportive environments to aid in healing and recovery.

Customized Trainings are also available.

All trainings are $200/hour with a two-hour minimum.
Travel is prorated on hourly rate and distance traveled.

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