

### Social and Emotional Wellness Course Details

Continuing Education Units (CEUs) are available for all classes listed below.  
**Courses which include a laptop icon indicates those that are also offered virtually.**

Course	Ideal For:				Duration	Cost & Class Size
	School Staff & Professionals	Administration	Parents	Students		
<b>40 Developmental Assets</b>	✓	✓	✓	HS	1.5 - 4 hours	\$85 - \$170 16 - 30 participants
 <b>Basics of Mindfulness</b>	✓	✓	✓		1.5 hours	\$150 per class 20 - 40 participants
 <b>Building Relationships Through Art Therapy</b>	✓				2 hours	\$200 per class 4 - 15 participants
 <b>Cognitive-Behavioral Techniques for Student Support</b>	✓				2 hours	\$200 per class 20 - 30 participants
<b>Conflict Management for Professionals</b>	✓	✓	✓		1.5 hours each session	\$150 per class 30 - 50 participants
 <b>Getting Relationships Right</b>	✓	✓	✓	HS	2 - 6 hours	Compliments of the Search Institute 12 - 24 participants
<b>Mental Health Awareness</b>	✓	✓	✓		2 hours	\$200 per class 5 - 50 participants
 <b>Peace Culture: Navigating Students Through Internal and External Conflict</b>	✓			MS HS	45 minutes	\$100 per class 30 - 50 participants
<b>Reality Oriented Physical Experiences (ROPES)</b>	✓	✓	✓	ES MS HS	2 - 8 hours	\$650 - \$1,300 per class 6 - 100 participants
 <b>Restorative Practices</b>	✓	✓	✓		2 - 8 hours	Compliments of Region 20 7 - 25 participants
 <b>Trauma Informed Care</b>	✓	✓			1.5 hours	\$150 per class 5 - 50 participants
 <b>Trust-Based Relational Intervention-Caregiver Training® (TBRI)</b>	✓	✓	✓		2 - 24 hours Training can be divided into four 6 hour sessions	\$100 per hour 10 - 50 participants
 <b>Understanding Adverse Childhood Experiences (ACEs)</b>	✓	✓	✓		1.5 - 4 hours	Compliments of UT Health 10 - 40 participants
<b>Youth Mental Health First Aid</b>	✓	✓	✓		6.5 hour in-person training	\$45 per person
 <b>Youth Mental Health First Aid - Virtual</b>	✓	✓	✓		2 hour online course with 4 hour interactive virtual class	\$55 per person

Ready to sign-up or have questions?  
 Contact: **Shelly Bosse** Community Education and Engagement Manager  
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