### Social and Emotional Wellness Course Details

Continuing Education Units (CEUs) are available for all classes listed below.

<table>
<thead>
<tr>
<th>Course</th>
<th>Duration</th>
<th>Cost &amp; Class Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>40 Developmental Assets</td>
<td>1.5 - 4 hours</td>
<td>$85 - $170 16 - 30 participants</td>
</tr>
<tr>
<td>Basics of Mindfulness</td>
<td>2 hours</td>
<td>$200 per class 20 - 40 participants</td>
</tr>
<tr>
<td>Building Relationships Through Art Therapy</td>
<td>2 hours</td>
<td>$200 per class 4 - 15 participants</td>
</tr>
<tr>
<td>Cognitive-Behavioral Techniques for Student Support</td>
<td>2 hours</td>
<td>$200 per class 20 - 30 participants</td>
</tr>
<tr>
<td>Conflict Management for Professionals</td>
<td>1.5 hours each session</td>
<td>$150 per class 30 - 50 participants</td>
</tr>
<tr>
<td>Getting Relationships Right</td>
<td>2 - 6 hours</td>
<td>Compliments of the Search Institute</td>
</tr>
<tr>
<td>Mental Health Awareness</td>
<td>2 hours</td>
<td>$200 per class 5 - 50 participants</td>
</tr>
<tr>
<td>Peace Culture: Navigating Students Through Internal and External Conflict</td>
<td>45 minutes</td>
<td>$100 per class 30 - 50 participants</td>
</tr>
<tr>
<td>Reality Oriented Physical Experiences (ROPES)</td>
<td>2 - 8 hours</td>
<td>$650 - $1,300 per class 6 - 100 participants</td>
</tr>
<tr>
<td>Restorative Practices</td>
<td>2 - 8 hours</td>
<td>Compliments of Region 20 7 - 25 participants</td>
</tr>
<tr>
<td>Trauma Informed Care</td>
<td>1.5 hours</td>
<td>$150 per class 5 - 50 participants</td>
</tr>
<tr>
<td>Trust-Based Relational Interventions-Caregiver Training® (TBRI)</td>
<td>2 - 24 hours Training can be divided into four 6 hour sessions</td>
<td>$100 per hour 10 - 50 participants</td>
</tr>
<tr>
<td>Understanding Adverse Childhood Experiences (ACEs)</td>
<td>1.5 - 4 hours</td>
<td>Compliments of UT Health 10 - 40 participants</td>
</tr>
<tr>
<td>Youth Mental Health First Aid (YMHFA)</td>
<td>8 hours Training can be divided into two 4 hour sessions</td>
<td>$45 per person 5 - 30 participants</td>
</tr>
</tbody>
</table>

### Ideal For:
- School Staff & Professionals
- Administration
- Parents
- Students

Ready to sign-up or have questions? Contact: **Shelly Bosse** Community Education and Training Developer sbosse@cissa.org or 210.520.8440, ext. 305

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