



Social and Emotional Wellness Course Details

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

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

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