



## Workshops available by Care to Change

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### For Leaders & Teams

- Compassion Fatigue/Ministry Burn Out
- Taking Care of Your Team & Avoiding Compassion Fatigue
- Trauma Informed Classrooms & Organizations
- Personalities/Communication Styles
- Conflict Resolution
- Mental Health & Your Business

### General Topics

- Anxiety/Depression
- Knowing When it is Time for Therapy
- Supporting Military Families
- Suicide Prevention
- PTSD
- Love Your Body/Know Your Worth
- Body Image/Eating Disorders

### For Parents

- Knowing When to Medicate
- Parenting 101
- Parenting in the Modern World (Topical Series: difficult behavior, addictive behavior, technology, money management, health/wellness, attention, trauma, anxiety/depression, dating the enemy)
- The 4 Keys to Parenting
- Parenting Difficult Behaviors
- Building Relationships with Kids from hard Places (adoption/foster care support)
- ADHD
- Anxiety/Depression/Stress management
- Trust Based Relational Intervention
- Teens & Technology
- Self Harm & Suicide in Teens
- LGBT in teens
- Teen Girls & Hard Topics

### For Churches

- Biblical Counseling versus Traditional Therapy
- Addictions in the Church
- Mental Health & the Church
- Suicide & the Church

Anxiety/Depression/Stress management  
The State of Marriage Today

For Marriages

The Art of Communication

Conflict Resolution

Granting & Seeking Forgiveness

The Pathway to Intimacy

Roadblocks to Intimacy

Sex Addiction & Marriage

Anger in Marriage