



CHANGE MANAGEMENT WORKSHOPS

Family Houston provides wellness workshops to help school staff increase success in their role by addressing topics that often linger and affect their well-being.

Topics Include:

- ✓ **Coping with Change**
- ✓ **Stress Management and Burnout**
- ✓ **Self Care and Mental Wellness**
- ✓ **Anger Management**

Other Topics Include:

- ✓ **Student Mental Health**
- ✓ **Recognizing signs of abuse and when to make a report**



Contact us for workshops and/or individual counseling.

Our workshops can be conducted in English and Spanish

Family Houston accepts EAP, most major insurance and also offers a sliding scale fee.

713.861.4849 | mhworkshops@familyhouston.org

WHY CHOOSE US:

Our workshops are led by Master's Level Licensed Mental Health Clinicians (LPC, LMFT, LCSW and those with Associate licenses).

Clinicians are experienced in working with work/life balance, stress, grief, depression, anxiety, behavioral issues in children, ADHD, relationship problems, setting attainable goals.

They have been trained in Cognitive Behavioral Therapy (CBT), Trauma Focused CBT, Eye Movement Desensitization and Reprocessing (EMDR) Therapy, Solution focused therapy, Play Therapy.

We are invested in helping educators and the children they work with.



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