



# CORPORATE WELLNESS WORKSHOPS

Family Houston provides wellness focused workshops to help your employees increase success at work by addressing topics that often linger and affect their well-being.

## Topics Include:

- ✓ **Stress Management and Coping Skills**
- ✓ **How to balance Day-to-Day tasks**
- ✓ **Self Care**



**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](mailto: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.

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

**Creating the conditions for physical and psychological safety is a critical foundation for ensuring workplace mental health and well-being.**

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