



2022 Solutions of Change Workshop Program

Solutions of Change Workshop Programs





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Parental Self Care



A workshop to spread awareness to the parent community about taking care of their wellness. Parents will learn the importance of making themselves a priority.

Money Management, Budgeting: Simple Changes for Financial Wellness



A workshop to bring an understanding of the steps to financial wellness to the community. Attendees will learn the basics of becoming successful with money management in their own lives.

Independent Financial Skills: Life On Your Own



This workshop is designed to provide real-life examples for young people transitioning into adulthood and independent living. It is also helpful for those who are beginning to think about their future while still living at home as a dependent. Young people will be introduced to the idea of independence as well as finding a job, a place to live, prioritizing need and paying bills



Mindset: Fixed vs Growth

This workshop teaches the concept of mindset, taking a deep dive into the two contrasting mindsets anyone may have. We explore the benefits and risks of having a specific mindset and introduce small efforts that can shift one's own mindset in ways that support positive well-being and mental health.

Your Mind Over Matter

This workshop covers the connection between the brain and drug use. We open with a brief but thorough exploration of what drugs are, their categories, and their effects, as well as the brain, its composition, and its function. Then we further identify the immediate effects of drugs on the brain after use, as well as the long-term effects of use. Finally, signs of use that may require medical care are discussed, and resources for those desiring them are shared.





Social Emotional Learning (SEL)

Social Emotional Learning (SEL) is the process through which all young people and adults acquire and apply knowledge, skills, and attitudes to do the following:

- Develop Healthy Identities
- Manage Emotions
- Achieve personal and collective goals
- Feel and show empathy for others
- Establish and maintain supportive relationships
- Make responsible and caring decisions

Setting Life Goals

You will learn what a goal is, what you need to take into consideration when making a goal, and the essentials of how to create a smart goal for yourself. Join to learn more about it.

Developing Self-Appreciation

In this workshop, you will learn what self-appreciation is and the benefits of focusing more time on the things you love, in order to keep yourself grounded.



Saving & Investing

Saving and Investing workshop will teach clients different techniques for saving and investing. This workshop is filled with information on how to save and why investing is important. After this workshop people should be able to understand the basics of saving and investing.



Physical intelligence & Sport Awareness

Physical Intelligence & Sports Awareness is about informing our youth about the benefits of physical activity and what it can do for us physically and mentally. This workshop also includes a 2nd portion revolving around sports and the challenges you may face while competing and playing sports.



Let's Set the Boundary!



Let's Set the Boundary! Is a safe space for students and parents to have an open dialogue centered on setting boundaries and respecting these boundaries with oneself and others. This workshop helps to understand boundaries and how to be able to voice the needs of these boundaries in a healthy and respectful manner.

Cultural Competence & Cultural Humility

In this workshop you will learn the definitions of cultural humility and cultural competency, the important of both topics, participate in role playing exercises, and learn ways you can practice both topics at home and within your environment.





Workshop Request Application

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Name: _____ Date: _____

Company: _____ Position: _____

Email: _____ Phone: _____

Address: _____

.....

Workshop Request: _____

Date(s) Requesting: _____ Time(s) (1 Hour Per Workshop): _____

Building: _____ Room: _____

Can your organization provide the following equipment to present? (In Person Only)

Computer (Yes) (No)

Projector (Yes) (No)

How would you like it to be presented ? (Please Circle One): (Virtual) (In-Person) (Both)

.....

Language Requested (Please Circle One): (English) (Spanish) (Both)

- ☐ **Where did you hear about the workshop?**
- ☐ **Social Media**
- ☐ **Friends**
- ☐ **Flyer**
- ☐ **SOC Staff Member, Staff Member Name?** _____
- ☐ **Other:** _____
-

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Please submit via email to communitysupport@solutionsofchange.org.

Got Questions? Call (702) 445-6937

Thank You



Solutions of Change



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