



- **Presentations:**

Browse our presentation catalog or suggest a topic, and we can create a custom session. Presentations are up to 1-hour virtually or in-person. *Pre-recorded options available.



- **Family Wellness Program:**

A range of family-focused wellness services:

- **Family Wellness Webinar Series**

Four one-hour presentations on:

- Fostering Emotional Connection
- Happy Mealtimes for the Family
- Child Development & Discipline Strategies
- Play and the Brain

- **Parent Cohort Class**

An eight-week (1 hour/week) class for parents of children ages 3-10. Participants learn 16 evidence-based strategies for promoting positive behavior and supporting mental health, based on Positive Discipline principles. Materials included. Max of 25 participants.

- **1:1 Parent Coaching**

Available to parents who've attended the webinar series or cohort class. These one-on-one sessions address family specific challenges and provide personalized recommendations.



- **Safe Routes Walk Audit:**

A safe routes walk audit evaluates barriers and assets to walking, biking, and rolling to a set destination, helping develop a plan to improve active transportation.



- **Facilitation:**

Our certified facilitators, trained in ToP® (Technology of Participation) methods, guide productive and inclusive conversations that lead to actionable results. We specialize in facilitating strategic planning sessions, team-building exercises, coalition meetings, and organizational workshops, ensuring every voice is heard and goals are achieved efficiently.



- **Consultation:**

Dedicated time to work with our expert staff. Consultation options may include:

- **Workplace Culture** - assist in developing or enhancing your workplace culture strategy.
- **Wellbeing Strategy** - assist with implementation of wellbeing initiatives, creating or enhancing an overall wellbeing strategy that ties into the organizational strategy, etc.
- **Wellbeing Awards** - assist with wellbeing award applications such as the Governor's Wellness Award, Well Workplace Award, etc.
- **Family Wellness** - assist with integrating family wellness into your workplace wellbeing strategy



- **Mental Health First Aid® Certification:**

Maximum of 30 participants for each 8-hour course. Additional per participant fee possible for materials. TWP works diligently to get cost of materials covered by grants when available.

- **Adult MHFA** - Teaches how to identify mental health or substance use challenges in adults, provide initial support, and connect them to appropriate care.
- **Youth MHFA** - teaches how to help an adolescent (ages 12-18) who is experiencing a mental health or addiction challenge or is in crisis.

