

5. Navigating Healthcare Systems: A Consumer Workshop

- **Description:** Training on how to navigate complex healthcare systems effectively for better access to necessary services.
- **Relevance:** Supports clients in utilizing healthcare systems to meet their needs more efficiently.
- **Training Requirements:**
 - Hours: 5 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Flowcharts and guides on healthcare navigation.
 - Textbook: "Navigating the Healthcare Maze" (Current Cost: \$40.00)
- **Cost:**
 - Individual Rate: \$125 (with textbook: \$165.00)
 - Group Rate (5 or more): \$100 per participant (with textbook: \$140.00)

6. Skill Building for Daily Living: Overcoming Barriers

- **Description:** Practical sessions focused on enhancing daily living skills, empowering clients, especially those overcoming personal challenges.
- **Relevance:** Provides valuable skills crucial for independence and quality of life.
- **Training Requirements:**
 - Hours: 8 hours (two 4-hour sessions)
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Skill-building tools and resources.
 - Textbook: "Everyday Living Skills" (Current Cost: \$35.00)
- **Cost:**
 - Individual Rate: \$200 (with textbook: \$235.00)
 - Group Rate (5 or more): \$175 per participant (with textbook: \$210.00)

7. Coping Strategies for Stress and Anxiety

- **Description:** Workshops focusing on effective coping mechanisms for managing stress and anxiety in everyday life.
- **Relevance:** Provides clients with essential tools to improve their mental health.
- **Training Requirements:**
 - Hours: 6 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Resource handouts on coping techniques.
 - Textbook: "Coping with Stress and Anxiety" (Current Cost: \$50.00)
- **Cost:**
 - Individual Rate: \$150 (with textbook: \$200.00)
 - Group Rate (5 or more): \$125 per participant (with textbook: \$175.00)

8. Creating Your Wellness Plan

- **Description:** Assisting consumers in developing personalized wellness plans that cater to their physical, mental, and emotional health.
- **Relevance:** Encourages holistic approaches to personal health and well-being.
- **Training Requirements:**
 - Hours: 4 hours
 - Prerequisites: None
 - Field Supervision: None required
 - Materials: Wellness plan templates and resources.
 - Textbook: "Holistic Wellness: Designing Your Path" (Current Cost: \$30.00)
- **Cost:**
 - Individual Rate: \$100 (with textbook: \$130.00)
 - Group Rate (5 or more): \$80 per participant (with textbook: \$110.00)