

## 17. Managing Stress and Anxiety Workshops

- **Description:** Practical tools and strategies for individuals facing mental health challenges, focusing on managing stress and anxiety in daily life.
- **Relevance:** Essential for enhancing coping strategies and improving overall well-being.
- **Training Requirements:**
  - Hours: 6 hours
  - Prerequisites: None
  - Field Supervision: None required
  - Materials: Coping strategy guides and relaxation exercises.
  - Textbook: "Mindfulness for Anxiety" (Current Cost: \$22.00)
- **Cost:**
  - Individual Rate: \$150 (with textbook: \$172.00)
  - Group Rate (5 or more): \$125 per participant (with textbook: \$147.00)

## 18. Creating Personal Wellness Plans

- **Description:** Assisting consumers in developing customized wellness plans to enhance their overall health and personal well-being.
- **Relevance:** Encourages individuals to take proactive steps toward healthier living.
- **Training Requirements:**
  - Hours: 4 hours
  - Prerequisites: None
  - Field Supervision: None required
  - Materials: Wellness plan templates and resources.
  - Textbook: "The Wellness Workbook" (Current Cost: \$30.00)
- **Cost:**
  - Individual Rate: \$100 (with textbook: \$130.00)
  - Group Rate (5 or more): \$80 per participant (with textbook: \$110.00)

## 19. Peer Support as a Recovery Tool

- **Description:** Training on leveraging peer support effectively for recovery and community-building efforts, focusing on shared experiences and mutual aid.
- **Relevance:** Crucial for promoting recovery through shared support and understanding in communities.
- **Training Requirements:**
  - Hours: 5 hours
  - Prerequisites: None required, though lived experience is beneficial.
  - Field Supervision: None required
  - Materials: Peer support frameworks and facilitation guides.
  - Textbook: "The Power of Peer Support" (Current Cost: \$35.00)
- **Cost:**
  - Individual Rate: \$125 (with textbook: \$160.00)
  - Group Rate (5 or more): \$100 per participant (with textbook: \$135.00)

## 20. Community Wellness and Resource Utilization

- **Description:** Educating consumers about available community resources and how to enhance wellness through community engagement strategies.
- **Relevance:** Empowering individuals with knowledge of local resources enhances service delivery and community support.
- **Training Requirements:**
  - Hours: 4 hours
  - Prerequisites: None
  - Field Supervision: None required
  - Materials: Community resource maps and guides.
  - Textbook: "Community Wellness: Strategies for Health Promotion" (Current Cost: \$40.00)
- **Cost:**
  - Individual Rate: \$100 (with textbook: \$140.00)
  - Group Rate (5 or more): \$80 per participant (with textbook: \$120.00)