

A Bridge of Hope

Course Descriptions

Course Name	Description	What is included?	Benefits of Training	Approximate Training Time
<p>The Empowerment Experience: Life Skills for Women</p>	<p>A key aspect of the Empowerment Experience: Life Skills Curriculum is the importance of gaining a strong sense of self – the importance of believing that you are capable of surviving on your own, that you have the skills, knowledge, and coping strategies to succeed and manage the many situations, both negative and positive, that you will face in your life. Our mission seeks to approach learning from a holistic point of view. We believe for an individual to be empowered, you must address the totality of the individual so that every major area of life is addressed. We aim to empower individuals to empower themselves. This curriculum is separated into 4 units: Foundations for Growth and Change, Foundations for Employment, Foundations for Healthy Living, and Foundations for Relationships. Each of these units are broken down into small group topics, have handouts and facilitator instructions for each segment.</p>	<p>We provide resources and tools for utilizing The Empowerment Experience Series. These include workshop handouts and activity sheets, workshop pre and post test, electronic copies of curriculum and workshop materials, tip sheets, and competent and an enthusiastic staff to meet your program needs.</p>	<p>Supports gender-specific programming; takes into account the economic, cultural, and social issues affecting clients; client assessments are simple and easy to understand; adaptable; flexible; encourages more facilitator-client interaction; volunteer guest speaker friendly; Supports 4 Core Values: Integrity, Transparency, Innovation, and Responsibility.</p>	<p style="text-align: center;">2 days</p>
<p>Motivational Speaking or Abuse Recovery</p>	<p>Author & Motivational Speaker Kimberly Benson, was motivated to write this book, based off her own life's experiences. She has been raped four times, once at the age of 5, then 6, then 16, and then gang raped at the age of 18. During her youth, she was sexually assaulted, molested, been in violent relationships, been left for dead, experienced many pitfalls, neglected, but still she rises. She struggled with intimacy, anger, depression, thoughts of suicide, reclaiming herself, low self-esteem and being "healthy" in any capacity, but still she rises. She has made it her life's mission to help all people, especially women; guiding them from their pasts to their destinies; from victim to Victorious!</p>	<p>An amazing approach to one of the most "touchy" and "taboo" topics, one that inspires and brings hope. With this training you get one copy of the book entitled, "A Bridge of Hope: Overcoming Abuse & Unforgiveness" and one copy of the workbook entitled, "A Bridge of Hope: Workbook & Journal".</p>	<p>You will get your organization on fire for change and they will begin to be empowered. Thus causing a chain reaction to empowering others! YOU WILL GET A CERTIFICATE FOR "ABUSE RECOVERY FROM A BIBLICAL PERSPECTIVE".</p>	<p style="text-align: center;">Speaking 90 minutes, training 3 hours</p>
<p>Anger Management (With Cognitive Behavioral Therapy)</p>	<p>This package is designed to help with anger management, people with troubled pasts, those who are in need of supplemental help with substance abuse, and those who have mental health issues. It provides individuals participating a 12-week anger management group treatment with a summary of core concepts. Using this curriculum as an adjunct to your participation in the 12-week anger management group treatment will help develop skills that are necessary to successfully manage anger. With the cognitive approach, the counselor is equipped for techniques to assist people in alternate thinking which will broaden the scope of how people view their own personal anger habits. It allows them to think "outside the box".</p>	<p>With this training you get all sorts of "extras" to help. We have created assessments, pre/post tests for a measurement tool, and additional handouts and "ice-breakers". Two workbooks: the participant workbook, and the counselor's cognitive therapy manual. The participant manual is also available in Spanish.</p>	<p>The material for this workshop is free and has an open copyright. This means you only need one manual, and you can copy all handout material without additional cost. You also after being trained, can start to order your own supplemental supplies. YOU WILL RECEIVE A CERTIFICATE FOR "ANGER MANAGEMENT RECOVERY for 6 hour course study".</p>	<p style="text-align: center;">1/2 day</p>
<p>Substance Abuse Recovery Counseling Matrix Series (For Addictive Clients, Families, Children of Addicted Parents, and Community Education)</p>	<p>This package provides a structured approach for treating adults who use or are dependent on stimulant drugs. It was developed in response to the growing numbers of individuals entered the treatment system. To create effective treatment protocols for clients dependent on stimulant drugs, treatment professionals drew from numerous treatment approaches, incorporating into the model methods that were tested and practical. This treatment model incorporated elements of relapse prevention, cognitive-behavioral, psychoeducation, and family approaches, as well as 12-step program support. There are four components to the substance abuse recovery aimed for people of all ages: one is for the addict himself, one is for the family of addicts, for children of addicts, and for communities.</p>	<p>With this training you get all sorts of "extras" to help. We have created assessments, measurement tool, additional handouts and "ice-breakers". There are several workbooks, counselor's manuals, a CD rom, and an assortment of literature.</p>	<p>The material for this workshop is free and has an open copyright. This means you only need one manual, and you can copy all handout material without additional cost. You also after being trained, can start to order your own supplemental supplies. YOU WILL RECEIVE A CERTIFICATE FOR "SUBSTANCE ABUSE RECOVERY for 6 hour course study".</p>	<p style="text-align: center;">1 day</p>

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<p>Substance Abuse and Infectious Disease: Cross-Training for Collaborative Systems of Prevention, Treatment, and Care</p>	<p>The purpose of the workshop is to provide you with information about the connection between infectious disease and substance abuse. The training also gives you opportunities to identify how you may collaborate with other individuals and organizations to better serve the people to whom you provide care. It will help you to increase your knowledge of specific sexually transmitted and other infectious diseases and how they relate to your roles as substance abuse treatment and prevention counselors. It will improve your skills in the areas of behavioral change and risk screening and assessment and increase your knowledge and skills in the areas of collaboration, cultural awareness and appropriateness, capacity building, and communication.</p>	<p>With this training you CD, manual, and you will receive all sorts of "extras" to help. We have assessments, A cd, power point slide presentations, additional handouts and "ice-breakers".</p>	<p>Most of the material for this workshop is free and has an open copyright. This means you only need one manual, and you can copy all handout material without additional cost. You also after being trained, can start to order your own supplemental supplies. YOU WILL RECEIVE A CERTIFICATE FOR "SUBSTANCE ABUSE AND INFECTIOUS DISEASE: CROSS-TRAINING FOR COLLABORATIVE SYSTEMS OF PREVENTION, TREATMENT, AND CARE for 16 hour course study".</p>	<p>2 days + 1 day for Train the Trainer</p>
<p>Financial Literacy Series (Fannie Mae: Personal: Growing Your Money, Financial Skills for Families, and Promoting Home Ownership)</p>	<p>This curriculum is to enable people to realize their dreams by learning the financial skills necessary to maintain a family spending plan, use of checking and savings accounts, build or repair a credit history, and applying for loans. By understanding and using these skills, people can make informed financial decisions for themselves, their family, and their community.</p>	<p>This curriculum comes with two manuals: a counselor's manual, and a participant workbook. With this training you get all sorts of "extras" to help. We have created assessments, pre/post measurement tool, additional handouts, and "Credit Jeopardy". There are several workbooks such as: Growing Your Money, Financial Skills for Families, and Promoting Home Ownership.</p>	<p>After successful completion of this course, you will not only be equipped for financial literacy, you will be provided a letter that you can send to your credit bureaus to help your credit score, to have a credit/financial counseling class to your credit report, which will improve your credit rating and allow your creditors to see you take your finances very seriously. YOU WILL RECEIVE A CERTIFICATE FOR "ATTENDING CERTIFIED FINANCIAL LITERACY COUNSELING for 16 hours of course study."</p>	<p>2 days</p>
<p>Grant Writing Prep/Organization</p>	<p>This segment takes an evaluation at your organizations personal needs, evaluates what type of goals you have for your organization, then helps develop an individual plan of action to get you on your way to grants and organizational development. We help to get you organized and efficient and ready to handle being a good steward of grants.</p>	<p>Between 2-3 days of hands on expertise, organization, and grant development. It comes with copies of grant writing samples, grant writing proposal book, the US President's Faith-Based Initiative, and leads toward potential grants.</p>	<p>The benefits of this organization is 1) to start you on your way to getting funding for your organization, 2) to get programs that you have wanted to get started off of the ground, 3) learning how to write grants yourself, and 4) all at a fraction of the cost to hiring a full time grant writer. The typical cost for a full time grant writer is \$3000-\$5000 + 5-10% of the grant once received. We take the approach of not give a man a fish, but teaching the man to fish.</p>	<p>Just an overview, takes about 1 1/2 hours. It would take approximately 14 work-hours, broken into 3 sessions to get organization completely ready for submission of grant proposals.</p>