



ORGANIZATIONAL TRAINING 2026



TOGETHER FOR CHILDREN
AND THRIVING FAMILIES

ADOPTION SUPPORT SERVICES
FAMILY STRENGTHENING SERVICES
TRAINING AND CONSULTING SERVICES

WELCOME

At Arise Family, we believe strong families build strong communities. Our mission is to empower families, caregivers, and professionals with the knowledge, skills, and support they need to help children thrive. Through trauma-informed, evidence-based training and programs, we strengthen attachment, resilience, and connection—creating lasting change in families and the systems that support them.

ARISE AT A GLANCE:

- 15+ years strengthening families and adoption advocacy.
- 500+ professionals trained in trauma-informed and family-focused practice.
- 1,000+ families reached through workshops and support programmes.
- Training in 15 countries and growing.
- Evidence-based and biblically grounded approach to family strengthening.

CONTACT INFO

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OUR APPROACH

Arise programmes are built on a foundation of trauma-informed care, attachment theory, and strength-based practice. We integrate the latest research in psychology and social work with practical, culturally sensitive tools that equip caregivers and professionals alike. Every workshop is designed to be experiential, reflective, and deeply relational - because transformation happens through connection.

WHY CHOOSE US?

Three reasons why we should choose to work with us:

Actionable Learning

We break complex topics into actionable skills; and create spaces where participants engage, reflect, and grow.



Grounded in Evidence

Our programmes integrate the latest research with a deep understanding of real-world family and community dynamics.



Flexible & Collaborative

Whether online or in-person, we tailor our approach to meet the needs of your organization and the communities you serve.



TYPES OF PROGRAMMES

WORKSHOPS & TALKS

Our workshops and talks are single-session experiences designed to deliver focused, practical learning. They can be delivered face-to-face or online and , typically lasting 1-2 hours, though we can tailor the timing to meet your needs.

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ORGANIZATIONAL TRAINING

Our organisational training offerings are designed to build child development knowledge, personal growth, and team-building skills within your staff. Typically delivered as single-session workshops, they can be tailored in length and intensity to suit the needs of your team.

3

FAMILY STRENGTHENING

Our family strengthening programmes are offered as a series of sessions focused on a specific topic, with each session building on the last. Designed for both children and their caregivers, these programmes help strengthen family bonds, improve communication, and nurture positive, lasting relationships.

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PROGRAMMES FOR CHILDREN & TEENS

Our programmes for children and teens are designed as 6-8 sessions focused on a specific topic, with each session building sequentially on the last. They are typically delivered at partner schools and community organizations, supporting the young people they serve with practical skills and engaging, interactive learning.

5

PROGRAMMES FOR ADULTS

These are offered as a series of programmes within our intern training programme, focusing on personal growth and practical skills development for group facilitators. They equip participants with the knowledge, confidence, and hands-on tools needed to lead workshops and support families effectively.

6

ADOPTION SUPPORT & ADVOCACY

Our adoption support services include low-cost, single-session workshops, multi-session programmes, and self-paced online courses designed to support both prospective and current adoptive parents. Most offerings are delivered online, connecting families from across South Africa with practical guidance, skills, and community support.



ORGANIZATIONAL TRAINING

Our organisational training offerings are designed to build child development knowledge, personal growth, and team-building skills within your staff. Typically delivered as single-session workshops, they can be tailored in length and intensity to suit the needs of your team.

The workshops involve group discussion, small group activities, reflection activities & experiential learning and can be set up for small or large groups.

TRAINING WORKSHOPS



Organizations Race, Culture & Work



COLOUR BRAVE FOR CHILDREN

This 1 hour workshop is a good fit for schools and consists of a single session workshop that can be run as a school lesson.

It aims to help child participants think about the importance of race and identity, consider the power of the words they use with their class mates; and looks to foster empathy. All of this works together to help children consider how to navigate our race conscious world.



COLOUR BRAVE FOR TEACHERS

This 1-hour workshop helps teachers understand the significance of racial identity and the value of same-race role models, while addressing the pitfalls of a colour-blind approach.

Participants will gain practical strategies for facilitating race conversations and learn how to thoughtfully integrate these discussions into the classroom.



COLOUR BRAVE FOR PARENTS

ALSO AVAILABLE AS A SELF-PACED ONLINE COURSE

This 1-hour workshop supports parents in understanding the importance of racial identity and same-race role models, while highlighting the risks of a colour-blind approach. Participants will gain practical skills for navigating conversations about race and learn how to apply these discussions thoughtfully in the classroom and at home.



UNDERSTANDING POWER DYNAMICS IN THE MULTI-CULTURAL WORKPLACE (PART 1)

Understand how power operates in a multicultural workplace and recognise the biases and cultural differences that impact relationships. This workshop will help develop inclusive leadership skills, increase cultural competence, and gain practical strategies for fostering empathy and effective teamwork in diverse settings.



EFFECTIVE INTERCULTURAL COMMUNICATION (PART 2)

This workshop uses the theory of Transactional Analysis to develop self-awareness in interpersonal interactions and teach ways to communicate effectively. Attendees will learn to respect diverse cultural communication styles, establish healthy boundaries, promote felt safety and support-seeking, and strengthen connections across cultures.



RESOLVING INTERCULTURAL CONFLICT (PART 3)

This workshop helps participants identify their default conflict style and understand the underlying ego state that drive it. Through practical exercises, attendees will learn a structured approach to resolving interpersonal conflict, practice shifting into the Adult ego state, and apply Non-violent Communication principles to express needs & respond with empathy & assertiveness.



TRAINING WORKSHOPS



Organizations Teacher & Community Worker Care



PSYCHOSOCIAL FIRST AID

This 60 minute single session workshop is aimed at teachers and those working with children and youth. It looks at how to build connection with children and healthy relationships with health boundaries. It discusses how to know when to get involved and develops listening skills. It also covers protection and the role of educators in mandatory reporting. Lastly, it focuses on role modelling and why this is important.



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STRESS MANAGEMENT

This 3-hour workshop equips participants to understand the different types of stress and how it affects both body and mind.

Through self-reflection and practical exercises, attendees will learn to identify stressors and symptoms, develop effective coping strategies, and know when and how to seek support for their well-being.



IMPACT OF SECONDARY TRAUMA, BURNOUT & BOUNDARIES

This workshop equips professionals working in trauma-exposed spaces by increasing awareness of secondary trauma and its impact, while offering practical self-care strategies & preventing burnout. Participants learn to set healthy boundaries, communicate their needs clearly, & care for others without compromising their own well-being.



UNDERSTANDING BEHAVIOUR IN THE CLASSROOM

This workshop helps educators reframe challenging behaviour as communication rather than defiance, exploring how trauma, cognitive delays, and early substance exposure can impact children's behaviour. Participants will learn brain-based strategies, strength-focused tools, and practical techniques to manage aggression, improve impulse control, and create calmer classrooms.



SOCIAL & EMOTIONAL DEVELOPMENT OF CHILDREN

This 90 minute single session workshop looks to develop an understanding of the fullness of the child you are working with. It covers prominent theories and applies these to real life situations so that participants can understand challenging behaviour. Lastly, advice is given on when additional support and help is needed.

TRAINING WORKSHOPS



Organizations Team Building



CONFLICT & COMMUNICATION SKILLS

Conflict & communication skills is a 3 hour workshop that aims to strengthen communication skills and looks at strategies to enhance communication. It focuses on skill development exercises including I-messages; and looks at the steps of conflict resolution, as well as conflict resolution styles within a team.



BOUNDARIES

This 3-hour workshop helps mentors and child/youth workers understand the importance of boundaries in building safe and effective mentoring and caring relationships. Participants will increase self-awareness of their own boundaries, learn how to role model healthy limits, and explore strategies to maintain connection while recognising red flags and protecting both themselves and the children they work with.



COMMUNITY MAPPING

This workshop introduces participants to community mapping as a powerful tool to strengthen work with families and communities.

Attendees will reflect on their own perspectives, identify community strengths and challenges, explore practical applications for their work, and leave with simple tools and templates to continue mapping in their own contexts.



EMOTIONAL INTELLIGENCE

This workshop helps participants increase self-awareness and self-regulation by understanding their emotions and triggers and learning healthy ways to manage difficult feelings like anger, anxiety, and frustration. Attendees will explore Goleman's five elements of emotional intelligence and gain practical tools to enhance EI, improving both workplace interactions and personal relationships.



BUILDING RESILIENCE THROUGH HARD TIMES

This 5 session course, with each session lasting 90 minutes, builds resilience by growing self-awareness & emotional literacy. It helps participants understand grief & loss in healthy ways, while developing coping mechanisms for hard times. It emphasises the importance of self-care in resilience and talks about how to extend this care to others.



EMOTIONAL FIRST AID: SUPPORTING YOUTH IN TRAUMA

This 90 minute single session workshop is aimed at anyone working with youth. Emotional First Aid (EFA) training is a critical set of skills to better equip your organization and staff to deal with the increase in emotional and mental health issues. In this workshop, it covers trauma-informed approach as well as the basic EFA principles of intervention.

TRAINING WORKSHOPS



Organizations

Family & Child Development



ATTACHMENT & CARE FOR CHILD WORKERS

This workshop supports caregivers in understanding the importance of attachment and their role in nurturing strong, healthy relationships with children. Participants will learn strategies to repair and strengthen bonds, while providing opportunities for primary caregivers and children to deepen their connection and foster lasting trust.



UNDERSTANDING THE FIRST THOUSAND DAYS

This 4,5 hour course is relevant for those in an ECD setting, and aims to expand knowledge about the importance of the First Thousand Days of life, especially in the South African context. It discusses how play & education can enhance outcomes and includes a look at the impact of trauma on children, how attachment is fostered and how families can be strengthened in the ECD context.



BEYOND GOOD INTENTIONS

This workshop equips volunteers for cross-cultural work by building self-awareness, recognising trauma and the importance of context in the lives of the individuals you work with. It also focuses on understanding the risks of unconscious bias and "saviourism" in helping others. Participants will also learn practical tools for needs assessment, relational trust, and creating a sense of felt safety in their engagement.



FAMILY ENGAGEMENT SERIES

This is a 8-part series of 2.5 hours each session. Designed to equip community workers and practitioners with the skills and understanding needed to effectively engage families. The training highlights why family engagement is vital for children's wellbeing and development, and provides practical tools for building trust, strengthening communication, and supporting families facing challenges.



SOCIAL & EMOTIONAL DEVELOPMENT OF CHILDREN

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BEHAVIOUR SPEAKS

ALSO AVAILABLE AS A SELF-PACED ONLINE COURSE

This workshop explores the meaning beneath challenging behaviour. Parents and caregivers learn to see behaviour through a trauma and stress lens, understand triggers, and use practical tools to respond with connection, boundaries and compassion. All of this impacts your relationship and the work you do with children.

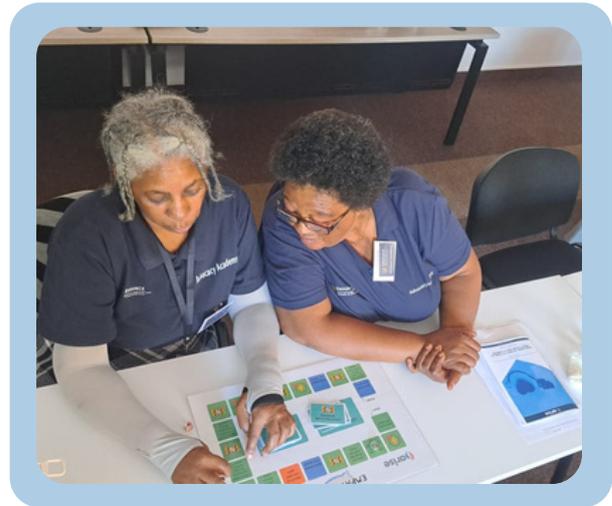


OUR WORK IN ACTION





OUR WORK IN ACTION





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