



# TRAINING, WORKSHOPS & CONSULTING

## 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.

# 1

# 2

## 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.

# 4

## 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.

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# WORKSHOPS

Our workshops and talks are single-session experiences designed to deliver focused, practical learning. They can be delivered face-to-face or live online, with timing tailored to suit the needs of your organization.

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



# TRAINING WORKSHOPS



## Child Protection & Safeguarding



### CHILDREN, CHURCH & THE LAW

This workshop empowers Christian leaders with a foundational understanding of children’s rights, what these rights mean for child safety, and why robust safeguarding practices are essential. Participants will gain practical guidance on safe volunteer recruitment and the core components of an effective child protection policy. This can be combined with trauma-informed care training when working with youth.



### INTRO TO CHILD PROTECTION PART 1

This half day workshop, run over one full day, looks at trauma and how it impacts the children we work with. It equips participants to notice the red flags of abuse, the need for a child protection policy and how to report disclosures of abuse or neglect according to the Children Act. It also provides guidelines for identifying concerns about teens experiencing stress, anxiety, depression and suicidality.



### BEYOND POLICY AND POLICY IN PRACTICE – PART 2

This workshop takes the confusion out of safeguarding by breaking child protection policies into clear, practical steps you can confidently apply in your organisation. Through real examples, case studies and hands-on activities, participants learn how to translate policy into everyday practices that keep children safe and strengthen organisational accountability.



### TRAUMA INFORMED PRACTICE & RESPONDING TO DISCLOSURES – PART 3

This workshop equips participants with the knowledge and skills to understand trauma and respond to disclosures of abuse or distress with sensitivity and care. Through practical guidance & real-life scenarios, you will learn how to create safe, supportive environments that promote trust, healing, and protection for children & vulnerable individuals.



### CHILD PROTECTION AWARENESS FOR PARENTS

This child protection workshop for parents provides practical skills and tools to help you keep your children safe. Together, we explore why child protection policies matter, how to recognise risks, and how to create safe environments at home, school, and in the community. It’s a clear, empowering session designed to support confident, informed parenting.



### SAFEGUARDING OUR CHILDREN

This 3.5-hour workshop is designed to strengthen child protection in your organisation through a clear understanding of South Africa’s legal framework, trauma-informed practice, and the core elements of effective safeguarding policies. Through real-life case studies and guided reflection, participants will gain actionable skills to create safer environments for children and sustainable support for staff.

# TRAINING WORKSHOPS



## Trauma & Resilience



### 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.



### TRAUMA AND IMPACT ON CHILD DEVELOPMENT – FOR PARENTS

This 3 hour workshop aims to expand the participants understanding of trauma & the effect it has on child development.

The participants' self-awareness of their own trauma and how this affects their relationships is discussed, as well as teaching the skills to create safe spaces for the children they work with.



### TRAUMA AND THE IMPACT ON THE COMMUNITY

This workshop helps community health workers understand the effects of continuous trauma on both individual and community well-being. Participants will learn how trauma impacts physical and mental health and gain practical tools for providing trauma-informed care that addresses long-term social, psychological, and physical challenges.



### TRAUMA AND THE IMPACT ON MYSELF – HAVING HEALTHY BOUNDARIES

This workshop empowers community health workers to understand the impact of trauma on their own well-being and develop strategies for maintaining healthy boundaries. Participants will build self-awareness, resilience, and communication skills to care for others effectively while protecting their own mental health.



### RESILIENCE IN HARD TIMES

This series of four 90-minute workshops supports participants in building self-awareness, emotional literacy, and resilience in challenging times.

Across the sessions, attendees will explore self-care in the workplace, understand grief and loss, develop practical coping strategies, and learn how to extend care and support to others.



### CARE FOR THE CARER

Care for the carer is a single session workshop of 3 hours.

It aims to help participants hone their self-care skills and stress management strategies. This course also focuses on the importance of health boundary setting as part of self-care. Lastly, participants will develop a plan for self-care that will help them prevent and reduce burnout.



# TRAINING WORKSHOPS



## Trauma & Resilience



### RE-IGNITE YOUR RESILIENCE — SELF-CARE

This 2.5-hour workshop equips participants to understand stress, its effects on the body and mind, and how to recognise common stressors and symptoms.

Through self-reflection and practical strategies, attendees will build coping skills, learn stress management tools, and know when and how to seek support for their well-being.



### BREAKING THE CYCLE — INTERGENERATIONAL TRAUMA & CHILD PROTECTION

FREE SELF-PACED ONLINE COURSE

This short talk looks at intergenerational trauma and its impact on child protection. It looks at how this intergenerational trauma affects both parents and children's wellbeing and give professionals ideas of how they can break the cycle.



### GENDER-BASED VIOLENCE

A 90 minute workshop that explores the meaning, causes, and impacts of gender-based violence, helping participants understand how gender norms and institutional practices contribute to it.

Through reflection and discussion, attendees will develop critical insights and practical strategies for making a difference in preventing and addressing GBV in their communities and workplace.



### TRAUMA INFORMED CARE

CAN ALSO BE DONE ONLINE VIA ZOOM

This 2-hour experiential workshop is for those working with youth, equipping them with the knowledge, skills, and strategies to understand trauma and its impact on child development. Participants will learn to recognize signs and symptoms of trauma, apply trauma-informed care principles, and implement practical strategies to support and build resilience in young people.



### TRAUMA REACTIONS IN CHILDREN

FREE SELF-PACED ONLINE COURSE

This free 15-minute course provides a concise introduction on supporting children with challenging behaviour. Participants will learn to distinguish typical from challenging behaviour, learn the importance of trauma-informed strategies, working collaboratively with caregivers, and considering the child's context.



### EMBRACE: RESILIENCE AND CREATING MEANING IN A DYSREGULATED WORLD

This workshop helps participants understand the differences between stress, distress, burnout, & trauma, while highlighting the importance of resilience and self-care when supporting others. Learn to set healthy boundaries, work collaboratively, and develop personal strategies to sustain well-being.



# TRAINING WORKSHOPS



## Psychosocial & Life skills workshops for Children/Teens



### STAND STRONG; MY CHOICES – WORKSHOP FOR KIDS

A strength based biopsychosocial approach to teach Teens how to cope with their trauma, current life situations and gain control!

This interactive workshop empowers teens to stand strong against peer pressure and make choices that align with who they truly want to be.

Through practical activities and discussions, participants will build confidence, explore values, and develop skills to navigate challenges with integrity.



### TEEN MENTAL HEALTH & RESILIENCE WORKSHOP

This series of four 1-hour workshops helps teens build self-awareness, emotional literacy, and resilience while learning healthy ways to cope with challenges and conflicts.

Across the sessions, participants will explore mental health, develop leadership skills, enhance their ability to support peers, and practice strategies for managing stress, making positive choices, and being role models in their communities.

This is an interactive, skills based programme.



### 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.



# TRAINING WORKSHOPS



## Parenting

Great for large groups, parent meetings, school events or community gatherings. These workshops can be from 1 hour to half day or full-day workshops.



### ROOTS TO RESILIENCE

Run at Organisations in Partnership with Arise; this interactive, strength-based parenting programme is designed to deepen family bonds, improve communication and build confidence. Parents & caregivers learn practical tools for coping, emotional regulation and creating felt safety, all grounded in trauma-informed and attachment-focused approaches. A warm, guided space for families needing more than a once-off workshop.



### 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.



### SAD YOUTH

FREE SELF PACED ONLINE COURSE

This 15-minute talk explores stress, anxiety, and depression in youth, providing you with a clear understanding of mental health challenges and how they affect young people. You will learn practical strategies to support emotional well-being, respond with confidence, build hope, and know when and how to seek professional help for the youth in your care.



### ATTACHMENT AND REPAIR – FOR CAREGIVERS

This workshop helps parents understand the importance of attachment, the pillars of connection and provides practical strategies to build and strengthen bonds with their children.

Participants will also learn effective ways to repair relationships after conflict, fostering lasting connection and trust.



### BUILDING STRONG FAMILY RELATIONSHIPS

A practical workshop that helps caregivers navigate the everyday conflicts that arise in busy, stressed or multi-generational homes.

Parents & caregivers learn clear, effective communication tools, how to de-escalate tension, how to repair when things go wrong, and how to build a home culture where everyone feels heard.



### NAVIGATING PUBERTY AND SOCIAL MEDIA

A practical guide for caregivers supporting tweens through identity development, friendships, mood swings and early puberty.

We also unpack the impact of social media, gaming, screen time, and how to set healthy digital boundaries.

This can become a two part series.

# TRAINING WORKSHOPS



## Parenting

Great for large groups, parent meetings, school events or community gatherings. These workshops can be from 1 hour to half day or full-day workshops.



### BIG FEELINGS; LITTLE BODIES

A simple, accessible introduction to emotional regulation.

Caregivers learn what happens in a child's brain and body during big emotions, how to respond calmly, and how to build emotional safety through co-regulation.

Practical skills and tools to help young children thrive!



### CONFIDENT KIDS; CONFIDENT PARENTS

Building caregiver confidence in supporting children academically, socially and emotionally.

This workshop gives practical tools for caregivers to understand their role and strengthening connection with their children.

A great starting point.



### RAISING RESILIENT KIDS

A strengths-based workshop helping caregivers understand the foundations of wellbeing.

We explore emotional development, routines, healthy attachment, and how everyday interactions shape confidence, self-esteem and resilience.

Interactive and fun!



### IDENTITY AND BELONGING: UNDERSTANDING TEENS

An honest, practical look at the realities teenagers face today—peer pressure, identity, mental health, stress and social media.

Parents & caregivers learn how to communicate effectively, hold healthy boundaries and stay connected through adolescence.



### CHILD PROTECTION AWARENESS FOR PARENTS

This child protection workshop for parents provides practical skills and tools to help you keep your children safe. Together, we explore why child protection policies matter, how to recognise risks, and how to create safe environments at home, school, and in the community. It's a clear, empowering session designed to support confident, informed parenting.



### MINI TALKS (20-30 MINUTES)

Short, focused sessions perfect for:

- parent evenings
- assemblies
- community events
- staff meetings

Offered on all topics listed above. Quick, practical and easy to slot into any programme.

To discuss, email us on [training@arisefamily.org](mailto:training@arisefamily.org)



# 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.



### 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.



### 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

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.



## 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.



# PSYCHOSOCIAL PROGRAMMES

## FOR FAMILIES

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.



# FAMILY STRENGTHENING PROGRAMMES



Run in by Arise with partner organisations, each programme is attended by a caregiver and their child - focused on a specific topic but all aimed at improving connection, communication & a sense of belonging in family.



## RAISING SUPERHEROES

Raising Superheroes is a family strengthening programme designed to help parents and children build stronger, healthier relationships.

Participants will develop resilience, self-awareness, and a positive sense of self, improve communication, and learn strategies to manage frustration while fostering connection and understanding within the family.



## WORTHY

Worthy is designed to help parents and teens build strong, resilient relationships. Caregivers learn to identify and role model strengths, improve communication, and foster healthier relationships, while teens develop self-awareness, personal values, and relationship skills. Together, families strengthen connection, create shared goals, and cultivate resilience and appreciation for their bond.



## READY, SET, GO

Ready, Set, Go helps parents and children build stronger emotional connections and develop emotional literacy in preparation for starting school. Parents learn to role model emotional awareness and guide emotional expression, while children develop skills to identify, regulate, and express emotions and form secure relationships with their caregivers.



## THRIVE

Thrive is designed for families living in high-risk environments, designed to build resilience and work through trauma together. Participants learn to understand trauma, manage stress, regulate emotions, and strengthen communication and connection, equipping both children and caregivers with practical skills to navigate daily challenges and foster enduring, supportive relationships.



# PSYCHOSOCIAL 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.

These programmes are run by Arise at partner organizations and we are now offering to train your team to run these programmes in their own contexts.



# PSYCHOSOCIAL GROUP TRAINING FOR PROFESSIONALS



These one day training programmes are offered online or face to face. They aim to equip others to run our programmes in their own context.

Each trainer is given a copy of the programme manual, all the handouts used, and lists of resources needed to facilitate the programme.



## FIERCE

Fierce is a 6 week strength based, self esteem development programme for teen girls. Designed to empower teens with leadership skills, developing positive self-talk, respecting their bodies, standing firm in the midst of peer pressure, learning how to say no and to be health role models.

Training is available in partnership with Arise.



## FINDING FEELINGS

Finding Feelings is a 6 week strength based, emotional literacy development programme for Grade 1's & 2's because little children have big feelings! It is designed to help children identify and name their feelings, learn stress tolerance and coping skills and to express their feelings appropriately.

Training is available in partnership with Arise or through an online course.



## TAKE A MINUTE

Take a Minute is a 6 session strength based programme designed to help pre-teen boys understand & manage their anger. The programme aims to explore and implement positive strategies & coping skills, increase self awareness & healthy emotional expression, while developing problem solving skills & stress tolerance.

Training is available in partnership with Arise.



## MAN IN THE MIRROR

Man in the Mirror is a 7 week strength based, resilience building programme for teen boys, to equip them to become the men we know they can be. The programme aims to create a generation of young men empowered to make good decisions, who are self-aware and able to set goals and be healthy role models.

Training is available in partnership with Arise.



## HEROES FOR HOPE

Heroes for Hope is an 8-session resilience and trauma-management programme for pre-teens. Through engaging activities, participants learn to understand trauma, manage stress and emotions, overcome thinking errors, find meaning, and set goals—gaining practical skills to navigate challenges and build resilience.

Training is available in partnership with Arise.



## RISE STRONGER

NOT AVAILABLE TO BE TRAINED ON;  
BUT CAN BY RUN BY ARISE

Rise Stronger is a 6 session psychosocial programme that empowers teens on a journey of personal development. It will help teens explore who they are, discover their strengths, and recognise their potential. Through engaging activities and reflection, participants will build self-understanding, make healthy choices, and develop skills to work confidently towards their future.



# PSYCHOSOCIAL PROGRAMMES

## FOR ADULTS

Our programmes for adults are offered as a series of sessions 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.

# PSYCHOSOCIAL PROGRAMMES



Adults



## BRIGHT FUTURES

ALSO AVAILABLE AS A SELF-PACED ONLINE COURSE

Bright Futures is a 3 day personal growth course that runs for 4,5 hours each day, over a 3 week period.

Participants explore their identity & who they want to become. Emphasis is placed on identifying personal strengths & values and developing emotional self-awareness, as well as enhancing communication and conflict resolution skills and goal setting.



## BASIC COUNSELLING & CARE SKILLS

SELF-PACED ONLINE COURSE

This course self-paced online course aims to equip participants with the communication & listening skills to care for and counsel others. It develops the self-awareness of participants as well as warmth, congruence & empathy, and teaches a basic model of problem solving that can be used.



## EQ FOR FACILITATORS

CAN BE DONE ONLINE VIA ZOOM

This 4.5-hour interactive training helps new group facilitators develop essential emotional literacy skills for effective group management. Participants will enhance self-awareness, empathy, and emotional regulation, handle emotionally charged situations, and create safe, supportive spaces that foster healthy emotional expression among participants.



## GROUP FACILITATION SKILLS

CAN BE DONE ONLINE VIA ZOOM

This 4.5 hour training is for anyone who works with children & teens in a group setting. It gives the participants the knowledge and skills they need to run psychosocial groups effectively. It focuses on understanding group dynamics and the roles participants play, as well as co-facilitation skills. It also provides skills in how to manage challenging behaviour and children in distress.



## UNDERSTANDING TRAUMA FOR FACILITATORS

CAN BE DONE ONLINE VIA ZOOM

This experiential course equips facilitators with the knowledge and strategies to support traumatized youth in group settings. Participants will learn to recognize signs of trauma, apply trauma-informed principles, build resilience in youth, and understand self-care, ethical boundaries, and referral options to provide safe and effective support.



## TRAINING PSYCHOSOCIAL GROUPS

CAN BE DONE ONLINE VIA ZOOM

This course that equips participants with the foundational knowledge and skills to lead impactful groups. Learn about group dynamics, creating safe spaces, managing challenges, and using techniques like ice-breakers, role play, and modelling to run effective and transformative sessions for children and families.

# PSYCHOSOCIAL PROGRAMMES



Adults



## BRIDGE BUILDERS

### MENTORING TOOLKIT

This four-session workshop series equips mentors to support youth in high-risk communities with confidence, empathy, and resilience.

Participants will explore the mentor's role, trauma and resilience, trauma-informed communication, ethical boundaries, and practical tools for sustainable, safe, and effective mentoring relationships.



## TRANSACTIONAL ANALYSIS

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.



## ETHICS WHEN WORKING WITH CHILDREN

This 4 hour workshop looks at the key aspects of working with children in complex trauma. It focuses why ethics are important, how to integrate ethics in the development of programmes, ensuring protection of children & those most vulnerable.

We explore 4 key ethical issues - competency, honesty, accountability and social justice.



## 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, we cover trauma-informed approach as well as the basic EFA principles of intervention.



## 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.



## CUSTOM-DESIGNED WORKSHOPS

Every community is different. We can design a workshop to meet your needs, including variations of the topics on offer.

Not sure what your parents need? We're happy to guide you.

To discuss dates or design a tailored plan, email us on [training@arisefamily.org](mailto:training@arisefamily.org)



# ADOPTION SUPPORT

FOR ADOPTIVE PARENTS, FOSTER CARE &  
TEMPORARY SAFE CARE PARENTS

Our adoption advocacy and 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.

# ADOPTION SUPPORTIVE PROGRAMMES



Our online adoption support courses for parents equip families with practical skills and insight for navigating the joys & challenges of adoption.



## LOOKING IN

### SELF-PACED ONLINE COURSE

Looking into Adoption is a course for prospective adoptive parents, covering five key aspects of growing your family. Participants will learn about the legal adoption process in South Africa, attachment, grief and loss, racial identity, and navigating life as a conspicuous family. This is a practical and exploratory course for those wanting to look in to adoption...



## LIFESTORY WORK

### SELF-PACED ONLINE COURSE

Life Story Work is an online, self-paced course for prospective and current adoptive parents, offering practical guidance on supporting children as they explore and document their life stories. Participants will gain tips and strategies to help their child make sense of their past, integrate experiences, and build a strong sense of identity.



## PARENTING BEYOND BEHAVIOUR

### MULTI-SESSION, WEEKLY LIVE ONLINE COURSE

A supportive space for adoptive parents & caregivers raising children in alternative care. The group explores the unique challenges of early trauma, attachment disruptions, and multiple placements, while helping caregivers build felt safety, understand behaviour through a trauma-informed lens, and support emotional and identity needs. |

These multi-session programmes are skills based, and work with the latest research on brain science, development and trauma-informed care. The sessions build on each other & help parents feel prepared, supported, and grounded in principles that promote healthy, resilient family relationships.

# ADOPTION SUPPORT WORKSHOPS & TALKS



## ADOPTING & DISCIPLINE

SELF-PACED ONLINE COURSE

This practical workshop for adoptive parents & caregivers, focuses on understanding and responding to children's behaviour with empathy and purpose. Participants will explore how all behaviour is driven by emotion, learn collaborative problem-solving strategies, link boundaries and belonging to attachment, and reflect on their own fears and triggers to respond to challenging behaviours with confidence and care.



## ADOPTION & MENTAL HEALTH

SELF-PACED ONLINE COURSE

This is a practical course designed to increase awareness of mental health challenges that adoptees may face. Participants will explore the origins of these issues, understand how a child's environment impacts their development, and gain practical strategies to support their child's emotional and psychological well-being.



## ADOPTION & NEURODIVERSITY

WORKSHOP LIVE ON ZOOM

This practical workshop for adoptive parents and caregivers, exploring how adoption-related trauma and neurodiversity intersect in children's lives. Participants will learn to view behaviour as communication, gain strategies for supporting emotional regulation and connection, respond to challenges with compassion, and leave with tools to strengthen family relationships and reduce daily stress.



## NAVIGATING SIBLINGS & EXTENDED FAMILIES

SELF-PACED ONLINE COURSE

A course designed to navigate the unique dynamics of adoption within families. You will gain skills to involve siblings & extended family in ways that promote belonging and unity, foster positive sibling relationships, and support emotional well-being; while also providing strategies to advocate for their child within the broader family context.



## TRAUMA IN ADOPTION

FREE SELF-PACED ONLINE COURSE

Understanding Trauma in Adoption is a free short talk that explores the impact of adoption-related trauma and its role in a child's development.

Participants will learn practical insights for creating a secure, nurturing environment that supports healing, resilience, and healthy attachment.



## OPENHEARTEDNESS IN ADOPTION

FREE SELF-PACED ONLINE COURSE

Openheartedness in Adoption is a free short talk that invites parents and caregivers to engage with their child's story, questions, and emotions with empathy, curiosity, and courage. Learn practical ways to foster trust, connection, and understanding while supporting your child's emotional journey.



# ADOPTION SUPPORT TRAINING FOR PROFESSIONALS



Our training for adoption professionals equips practitioners with the essential skills and insight needed for ethical, competent and culturally sensitive practice. These trainings help professionals support families with integrity, sensitivity and a deep understanding of best practice.



## OPENHEARTEDNESS IN ADOPTION FOR ADOPTION PROFESSIONALS

This workshop builds an applied understanding of contact, openness, and openheartedness in adoption practice. Participants unpack best practice, and deepen self-awareness around personal and professional triggers related to openness, communication, and contact. The session ultimately strengthens capacity to advocate for meaningful change in policy and practice.



## CULTURAL MAPPING FOR ADOPTION PROFESSIONALS

This 75-minute workshop for social workers, providing practical tools & strategies to support the racial identity and overall well-being of transracially adopted children. Participants explore accountability in placement preparation, increase self-awareness around personal biases, gain skills to foster identity, belonging, & a positive connection to heritage for the children they serve.



## ETHICS IN ADOPTION FOR SOCIAL WORKERS

This 4-hour workshop is designed to help adoption & alternative care practitioners navigate complex ethical decisions with confidence. Participants explore how personal values & beliefs influence professional judgment, reflect on key ethical principles and develop awareness of their own biases to ensure fair, responsible, and ethical practice.



## HOW TO CHOOSE AN ADOPTION COMPETENT PROFESSIONAL

This workshop helps adoptive parents and caregivers understand what adoption-competent practice looks like and how to confidently choose the right professionals to support their family. Participants learn key questions to ask, qualities to look for, and how to ensure their child receives sensitive, ethical, and informed care.



# ONLINE OFFERRINGS

## TRAINING COURSES IN RESOURCES FOR USE IN YOUR OWN CONTEXT

We also offer online courses designed to help you create adaptable resources for use in your own context. Each course includes step-by-step instructions, worksheets, and curated resource lists, giving you practical tools you can implement immediately.

# ONLINE COURSES FOR DESIGNING YOUR OWN FAMILY RESOURCES



## STRONGER: DESIGNING YOUR OWN FAMILY STRENGTHENING KIT

Stronger is a practical, hands-on course designed for parents of children under 10. This course shows you how to create a low-cost, easy-to-use toolkit that supports connection, resilience, and positive parenting at home.

This course offers everything you need to strengthen relationships, build coping skills, and support your child's emotional wellbeing in practical, meaningful ways. It includes a list of simple items which you probably already have at home, printable worksheets and an easy to use step-by-step guide for how to put the kit together and use in in your own home.



## HELPING FAMILIES IN CRISIS

Helping Families in Crisis is a practical, text-based course designed to equip caregivers with simple, effective tools to support children during trauma and instability. Whether facing community violence, political unrest, natural disasters, or other crises, this course teaches essential skills for creating safety, offering calm and compassionate care, and building emotional resilience.

This course teaches professionals working with families by providing guidance to create the short text or video-based skills prompts, along with worksheets and step-by-step instructions that can be easily shared with caregivers. This accessible resource empowers parents, teachers, and practitioners to strengthen children's coping skills and foster hope and stability during difficult times.



## CUSTOM-DESIGNED WORKSHOPS

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## MINI TALKS (20-30 MINUTES)

Short, focused sessions perfect for:

- parent evenings
- assemblies
- community events
- staff meetings

Offered on all topics listed above. Quick, practical and easy to slot into any programme.

To discuss, email us on [training@arisefamily.org](mailto:training@arisefamily.org)

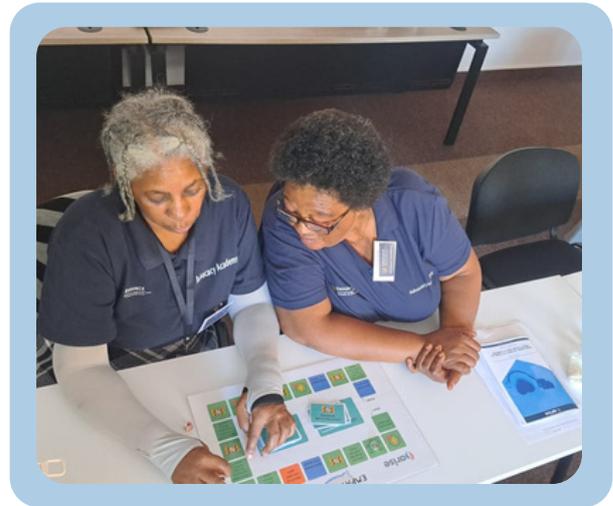


# OUR WORK IN ACTION





# OUR WORK IN ACTION





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