



Garden of Life provides professional assistance and healing service to youth and adults, to help people find wellbeing, harmony, peace and joy in their life.

Service to: _____

| | | |
|--|-------------------------|--|
| I. Workshops: GoL could provide a short Life Enrichment course at your organization/school/ Church to staffs, educators, students, social workers and counselors. | | |
| a. | When & How long? | Either for 3hrs, 6hrs, 12hrs or 24hrs (a half day, full day, and 2 days including tea/lunch breaks) – by mutual agreement |
| b. | What can we offer? | Life Enrichment Services: 1. Mental Health Education workshops on a range of topics (please see attached list/list below) |
| c. | Numbers of Participants | 12 minimum – 20 maximum (Can be discussed) - will require names of participants |
| d. | Cost | 3hrs/\$250, 6hrs/\$450 (includes cost of hand outs, transportation & facilitation fee) **snacks and lunch NOT included. |
| e. | Venue | At your Organization/School. For participants to feel safe to engage in discussions only registered participants will be allowed in the room. |
| II. Group Supervision: GoL could provide group supervision to Organization/School/Church staffs, educators, social workers and counselors. | | |
| a. | When & How long? | 3hrs / fortnight over 3 months period (once in two weeks) OR 3hrs/month over 6 months (once a month) |
| b. | What? | Facilitated Case presentations, Discussions on ethical principles, relevant topics, Question times, etc. - depending on the participants’ work |
| c. | Number of Participants | 6 minimum – 8 maximum |
| d. | Cost | \$100/ person for all (includes facilitator transportation and materials) |
| e. | Venue | To be mutually agreed upon. If it is a group of 8 people from your team, it can be held in your organization). |
| III. Counseling Services | | |
| | | Individuals, Couples and Families (Professional Mental Health or Pastoral) |
| | | - \$15 - \$20/1 hour for Individual Counseling (In place service) - \$20-\$40/1.5 hour for couple/family counseling (In place Service) |
| IV. Individual - Professional Supervision | | |
| | | Counselors, Trainee Counselors, Social workers, Pastoral Counselors |

Please Contact:

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Garden of Life - Mental Health Awareness Topics 2024

*** Please note, this list is by no means exhaustive and so you are welcome to request for other topics.

| N | Topics in Khmer | Brief Description | What it will cover |
|---|---|---|--|
| 1 | “Remember to recharge yourself” or “Self-Care” | Sometimes it’s easier to take care of others than to care for self. When you take care of yourself well, you will be able to do your daily functions better, can support others better and have a better quality of life. | <ul style="list-style-type: none"> ▪ What is self-care? ▪ Benefits of self-care ▪ Self-care activities |
| 2 | “How to live optimally in a challenging world” or “Stress Management” | Stress is part of our life. However, when we don’t manage it well, it can lead to mental and physical illness and disturb our daily functions and relationship with people we care about. | <ul style="list-style-type: none"> ▪ What is stress? ▪ Causes of stress ▪ Signs & symptoms of stress ▪ How to manage stress |
| 3 | “How to have a good relationship with people you care about” or “Basic Communication Skills” | Healthy relationships are essential for living a meaningful and fulfilled life. A healthy relationship requires the appropriate interpersonal skills and attitudes to build and maintain a lasting connection. Learning those skills will help enhance your relationships. | <ul style="list-style-type: none"> ▪ Basic communication skills ▪ Non-violence communication |
| 4 | “How to support people going through tough times” or “Psychological First Aid” | Someone you know may have just gone through a very distressing situation or event. Knowing how to support them during this time will help them to reduce stress symptoms and help them to recover in a healthy way. | <ul style="list-style-type: none"> ▪ What is psychological first aid? ▪ When to provide ▪ Who to provide ▪ How to provide |
| 5 | How to embrace Anxiety - identifying triggers and managing anxiety | Almost everybody experiences anxiety from time to time. Accepting and learning to cope with anxiety in a healthy way can do us a whole lot of good for our physical, emotional and relational health. | <ul style="list-style-type: none"> ▪ What is anxiety? ▪ What causes anxiety? ▪ Signs and symptoms ▪ Tips to manage anxiety |
| 6 | Self-Care after Traumatic Event | Someone we know or we ourselves may have gone through an event that causes a lot of distress. Knowing how to cope with the signs and symptoms following the even in a healthy way can be very helpful and can help reduce negative long-term effects. | <ul style="list-style-type: none"> ▪ Trauma awareness ▪ Signs and symptoms ▪ How to care for self ▪ When to seek more support |
| 7 | How & What about Suicide – Signals & Prevention | Suicide is a serious public health problem that can have long-lasting effects on individuals, families, and communities. The good news is that suicide is preventable. Everyone can help prevent suicide by learning the warning signs, promoting prevention and resilience, and a committing to social change. | <ul style="list-style-type: none"> ▪ Suicide awareness ▪ Misconceptions about suicide ▪ Suicide warning signs ▪ Suicide risk factors ▪ Suicide prevention tips |
| 8 | Who am I? - You matter & I matter | Each person is a part of something bigger than themselves. Each and every person is important. You matter and I matter. What we do matter. We need each other and we complement one another. | <ul style="list-style-type: none"> ▪ You matter ▪ What you do matter ▪ Take good care of yourself |
| 9 | Basic Listening & Communication Skills for Conflict resolution & Healthy Relationships (friends, family & colleagues) | Conflict can happen every day. If it’s resolved in a positive way, relationships can grow stronger. However, if it isn’t handled well, the relationship can be damaged. Learning how to resolve conflict in a healthy way will help you to maintain a healthy relationship with your loved ones or people you care about. | <ul style="list-style-type: none"> ▪ Basic listening skills ▪ What is conflict? ▪ Different ways to deal with conflict ▪ Basic principles to deal with conflict in a healthy way |