

BAHALI PROGRAMS CATALOG

*Trauma-Informed, Culturally
Grounded workshops for Caribbean
Communities*

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CHILDREN & YOUTH PROGRAMS

**WORKSHOPS THAT HELP CHILDREN
UNDERSTAND, EXPRESS, AND CALM
BIG FEELINGS.**



1. YOUTH COPING SKILLS WORKSHOPS

Bahali's youth sessions provide children and adolescents with developmentally appropriate coping tools to use during stressful moments or in post-disaster recovery. Using movement and grounding techniques, these workshops help youths build emotional literacy, improve self-regulation, and strengthen their confidence in managing big feelings.

SKILLS TAUGHT:

- Breathing tools
- Grounding strategies
- Emotion identification
- Confidence-building skills
- Safe self-expression

2. FAMILY-FOCUSED YOUTH SESSIONS



These caregiver-child sessions strengthen connection, co-regulation, and communication. Families learn how to support children through transitions, fear, grief, and post-crisis stress, using simple scripts, calm-body tools, and shared routines.

FOCUS AREAS:

- Co-regulation steps
- Calm communication
- Shared coping rituals
- Repairing after conflict
- Parent-child emotional bonding

3. PEER SUPPORT & RESILIENCE SESSIONS



Activity-based group sessions that build teamwork, leadership, and emotional resilience. Students practice grounding, teamwork, mutual support, and problem-solving through guided activities and storytelling.

OUTCOMES:

- Strengthened peer support
- Improved emotional skills
- Greater resilience after stress
- Cooperative problem-solving

PARENTS & FAMILIES PROGRAMS



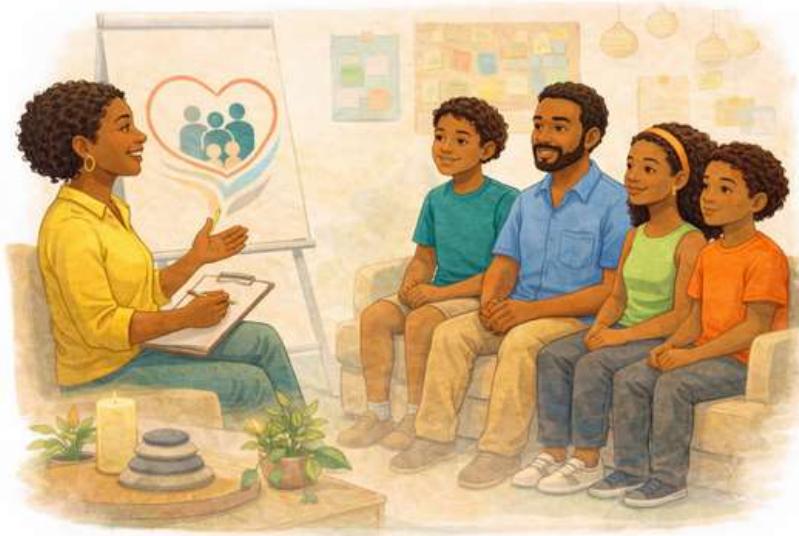
4. PARENT GUIDE: *MY CALM BODY & MIND*

This training helps caregivers use Bahali's trauma-informed parent guide to support emotional regulation at home. Caregivers learn warm, culturally aligned language, step-by-step scripts, and routines that promote safety and calm during periods of heightened stress.

PARENTS LEARN:

- Step-by-step language for de-escalation
- Emotion-coaching strategies
- Calm-body tools for children
- Creating home routines after crises

5. FAMILY RESILIENCE WORKSHOPS



A series of workshops designed to strengthen communication, reduce conflict, build healthy routines, and support family healing after stressful or disruptive life events. Sessions include communication skills, conflict repair, and shared decision-making.

FOCUS AREAS:

- Calmer communication
- Conflict repair
- Collaborative routines
- Stress-reduction strategies

6. COMFORT KIT ORIENTATION SESSIONS



Brief, practical trainings that teach families how to use Bahali's comfort-kit tools—including grounding cards, sensory items, and calm-body exercises—to support stabilization and emotional recovery during or after a crisis.

FOCUS AREAS:

- How to use grounding cards
- Sensory tools for self-regulation
- Crisis-recovery support at home

7. ROUTINES & GENTLE PARENTING TOOLS



Caregivers learn to build predictable, comforting routines using visual schedules, calm-down rituals, and gentle behavior strategies. Ideal for families recovering from displacement, school transitions, or major stress.

SKILLS TAUGHT:

- Visual schedules
- Gentle discipline tools
- Transition routines
- Home calming rituals

SCHOOL PROGRAMS



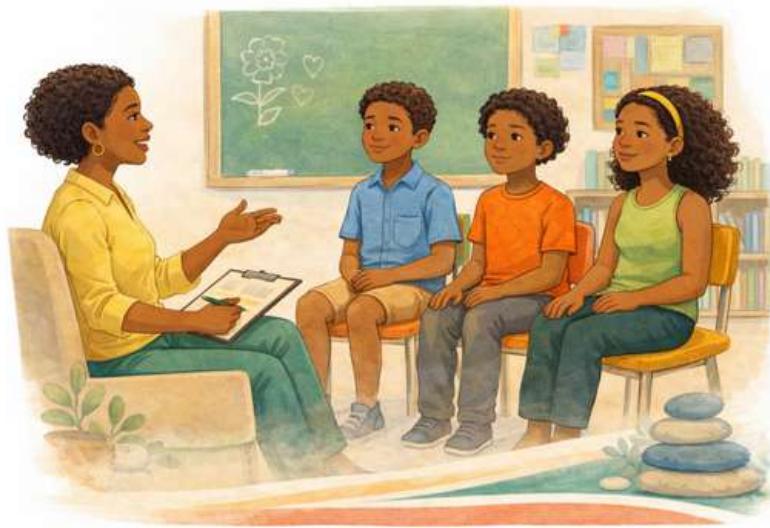
8. SCHOOLWIDE EMOTIONAL WELLBEING PROGRAM

A coordinated schoolwide model that includes teacher training, student workshops, parent sessions, and post-incident recovery supports. Designed to strengthen emotional safety across the entire school ecology.

INCLUDES:

- Teacher Professional Development
- Student workshops
- Caregiver training
- Crisis-response protocols

9. SCHOOL-BASED EMOTIONAL SKILLS WORKSHOPS



Classroom or small-group lessons that introduce emotional literacy, problem-solving, self-calming skills, and culturally grounded coping practices. These workshops support stabilization and recovery following crises, school incidents, or community-wide stressors.

STUDENTS LEARN:

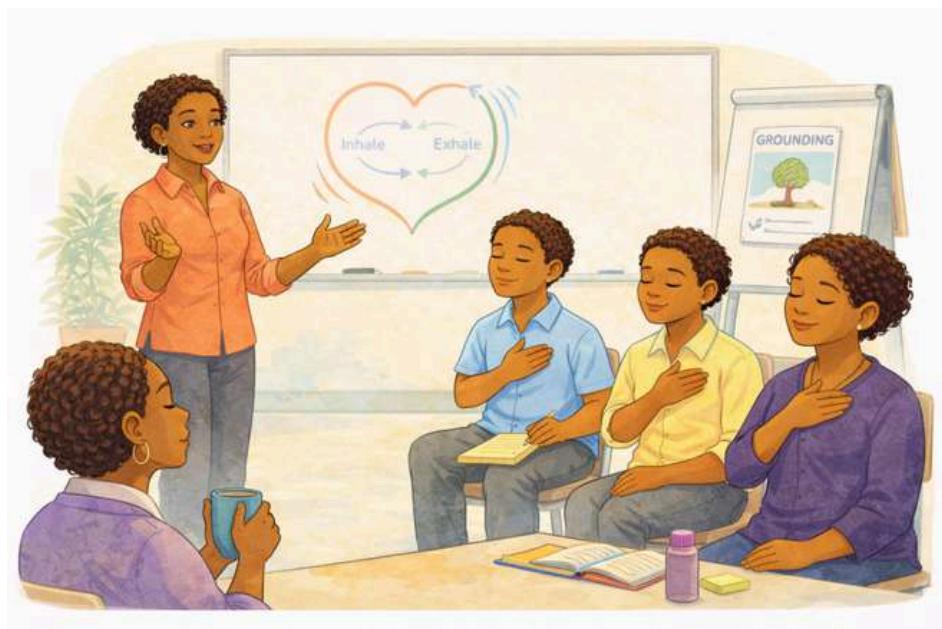
- Emotional vocabulary
- Problem-solving skills
- Calm-body techniques
- Peer cooperation
- After-crisis routines

10. CLASSROOM LESSONS & WORKSHOPS



Curriculum-aligned lessons that integrate emotional learning with culturally relevant stories, activities, and movement exercises. These workshops help normalize emotional conversations and build students' emotion regulation skills.

11. TEACHER TRAINING & STAFF WELLNESS



Trauma-informed training for teachers, school staff, and administrators. This training equips staff with regulation tools, crisis communication strategies, and well-being practices that reduce burnout and improve student support.

FOCUS AREAS:

- Trauma-informed classroom strategies
- Staff wellness and burnout reduction
- De-escalation skills
- Recognizing student stress responses

12. SCHOOL-BASED RECOVERY WORKSHOPS



Short-term, focused workshops are provided after school incidents, community-wide disasters, or significant stressors. Students receive psychoeducation, grounding skills, and guided emotional processing through age-appropriate activities.

COMMUNITY PROGRAMS



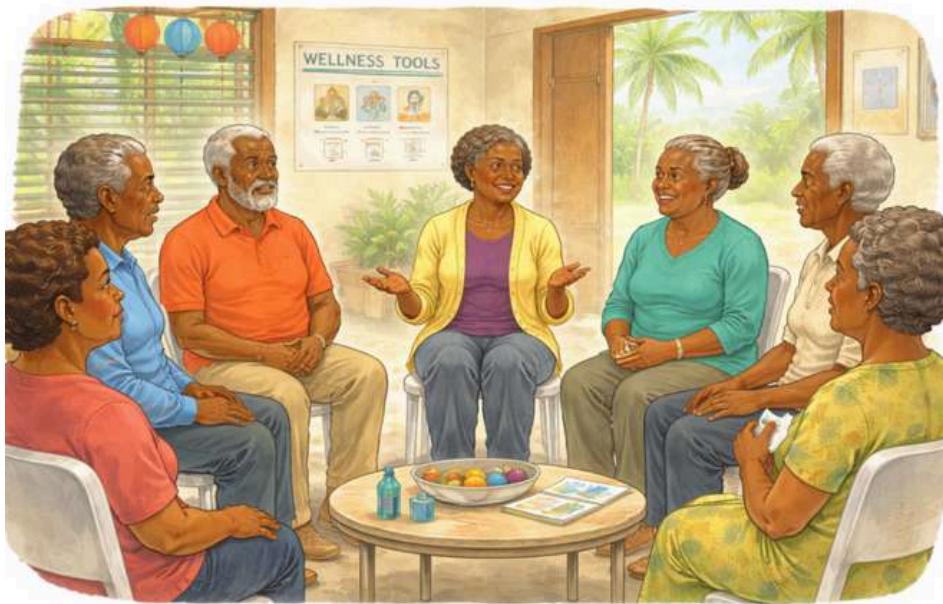
13. COMMUNITY HEALING TOOLKIT WORKSHOPS

Training for community leaders, NGOs, churches, and peer supporters in using Bahali's community healing toolkit. Participants learn how to run safe, structured group sessions, deliver psychoeducation, and guide grounding practices.

TOOLS INCLUDE:

- Stress education
- Group rituals
- Grounding skills
- Community connection strategies

14. COMMUNITY RESILIENCE TRAINING FOR ADULTS & ELDERS



Workshops that blend culturally grounded coping tools, stress education, and storytelling to help adults and older adults navigate change, grief, and post-disaster transition. These sessions strengthen emotional safety and reduce isolation.

15. PSYCHOLOGICAL FIRST AID (PFA) – CARIBBEAN ADAPTATION

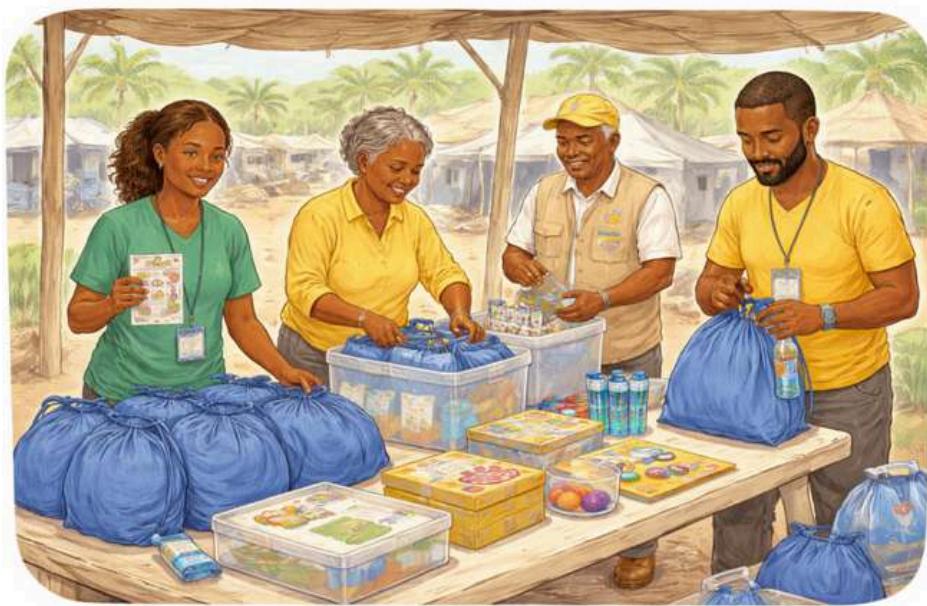


A culturally adapted PFA training for volunteers, responders, teachers, and community leaders. Participants learn how to provide practical, immediate emotional support in the aftermath of disasters or crises.

PARTICIPANTS LEARN:

- Safety & stabilization skills
- Calming techniques
- Supportive communication
- Connection to resources

16. DISASTER OUTREACH PACK ORIENTATION



Training on how to use Bahali's portable disaster-outreach resources—including grounding cards, calm scripts, and visual tools—during high-stress community interactions.

SENIORS PROGRAMS



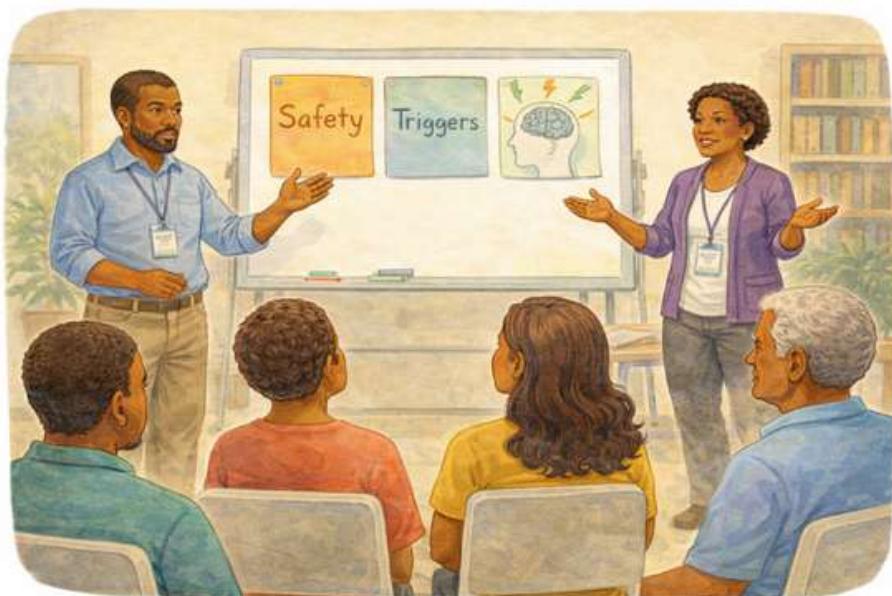
17. SENIOR RESILIENCE & EMOTIONAL RECOVERY WORKSHOPS

Gentle, culturally grounded workshops designed for older adults experiencing stress, loss, or post-disaster transitions. Sessions combine memory-sensitive strategies, grounding practices, storytelling, and community connection to support emotional recovery.

FOCUS AREAS:

- Age-appropriate grounding tools
- Gentle movement & breathwork
- Reminiscence & storytelling
- Reducing isolation after crises
- Strengthening emotional safety

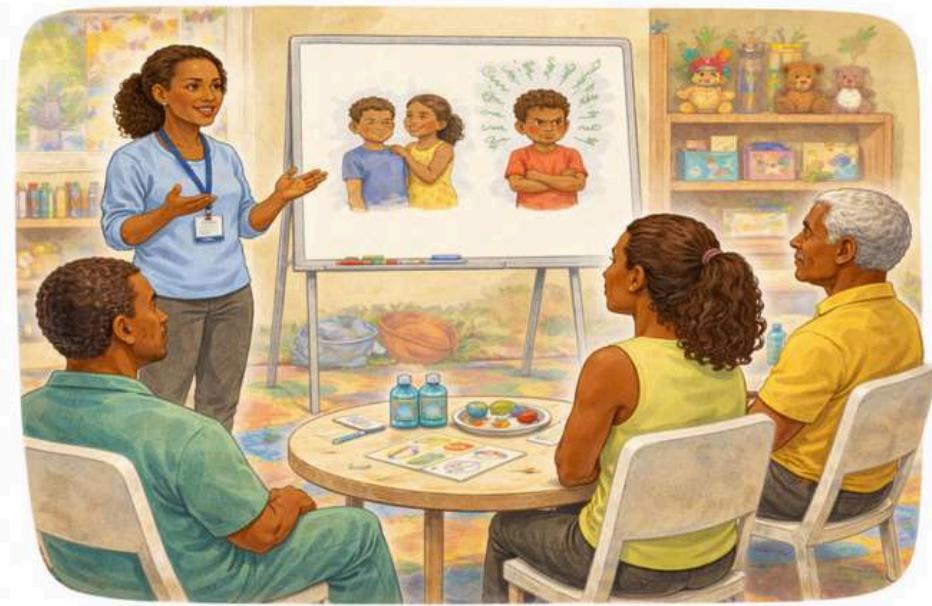
PROFESSIONAL & ORGANIZATIONAL TRAINING



18. TRAUMA-INFORMED CARE TRAINING

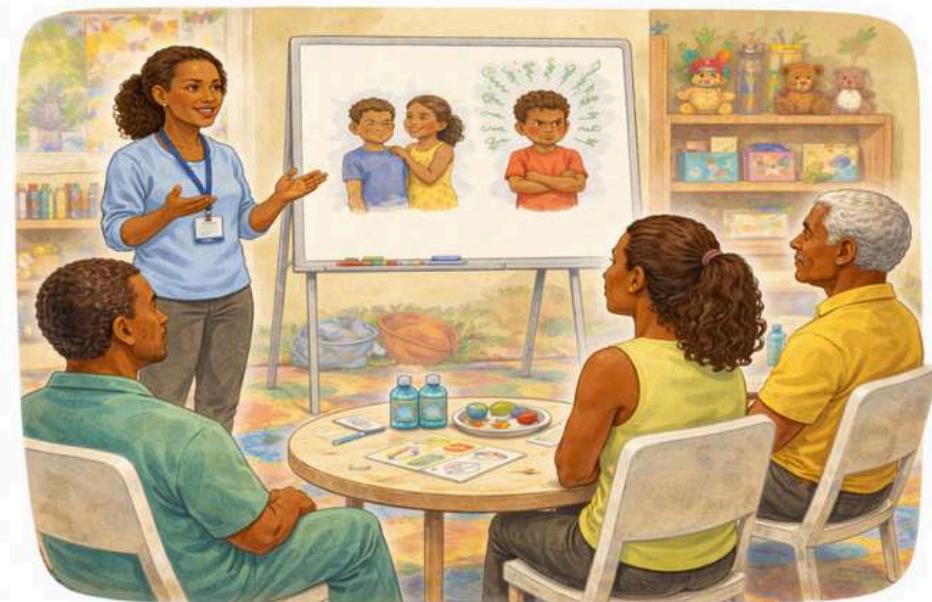
A foundational training for professionals who support children, families, and communities. Covers trauma basics, culturally responsive care, and strategies to prevent re-traumatization.

19. CHILD & YOUTH EMOTIONAL SUPPORT TRAINING



For teachers, counselors, social workers, and frontline providers supporting youth through stress, grief, and crisis recovery.

20. COMMUNITY FACILITATOR SKILLS TRAINING



Skills training for leaders who guide community sessions. Covers safety planning, grounding facilitation, supportive communication, and group flow.

21. CLINICIAN & PROVIDER WORKSHOPS



Advanced workshops for therapists, psychologists, social workers, and health providers. Topics include disaster mental health, Caribbean cultural competence, trauma stabilization, and grief care.