



# Cultivating Community Care

# *Service Guide*

## **COACHING**

The Cultivating Community Care team meets with individuals and groups to promote skills to connect, find compassion, and create a healthier community through caring for self. We offer a low-cost alternative to traditional counseling. Students and groups receive a discount.

## **PRESENTATIONS**

Interactive presentation(s) to introduce groups to the WHAT and the HOW of Cultivating Community Care. Our team will explain the basics of what it means to cultivate care and ways to recognize the signs of trauma, burnout, overwhelm, and more. We offer tools that help move toward finding the passion again. We can tailor this to any audience including universities, businesses, communities, leaders, employees, students, and more. We also speak to current issues like racial and social justice, cultural competence, and identity development.

## **WORKSHOPS**

This is a hands-on activity to provide education and experience. Workshops provide the opportunity to practice the skills we teach in real time. This is best with small groups, staff meetings, or at company training events.

## **CONSULTATIONS**

We can meet with you to assess needs and collaborate to determine a specific package crafted for you, your team, or your business. We provide information, resources, tools, and recommendations to get you where you want to be.

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Services can be scheduled directly with Cultivating Community Care by contacting them through the website, emailing them, or finding them on Instagram and Facebook @CultivatingCommunityCare.

Please register for weekly wednesday events on eventbrite.com. Links can be found on the Events page of our website, CultivatingCommunityCare.com.