



SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

IMAN K. SLEIMAN

Founder / Managing Director

www.soothing-hearts.com

A woman with long dark hair, wearing a dark plaid dress and black boots, stands on the right side of the frame, gesturing with her hands towards a large screen. The screen displays a list of bullet points about anxiety symptoms. The background is a light-colored wall with a dark curtain on the left. A purple semi-transparent overlay covers the center of the image, containing white text.

PROFILE

MESSAGE

ABOUT

MISSION

WHY WORK
WITH IMAN?

PROGRAMS

DEAR PARENTS,



I hope this message finds you well. I am Iman, the founder of Soothing Hearts, a unique virtual counseling center dedicated to the emotional well-being of children and teens.

We all remember our own childhood and teen years: a time of growth, and discovery, but also challenges. In today's fast-paced world, the challenges our children face can seem even more daunting, and it's not always easy for them to express their feelings or navigate their emotions.

At Soothing Hearts, we understand these challenges, and we're here to help. Our mission is to provide a safe, compassionate space for your child to explore their feelings and learn coping strategies. We use a heart-centered approach, combining various therapeutic techniques that are tailored to each individual's needs.

But Soothing Hearts is more than a counseling center. It's a place where your child will be heard and understood. It's a place where they can learn about resilience, self-discovery, and emotional intelligence. It's a place where they can start their journey toward healing and emotional growth.

We believe that every child has the capacity to overcome their challenges and embrace their full potential, and we are committed to guiding them every step of the way.

I invite you to visit us at SoothingHearts.com to learn more about our services. If you feel that your child, or a child you know, could benefit from our support, don't hesitate to reach out. Together, we can navigate the journey toward a soothed heart and a brighter future.

Iman Steiman

FOUNDER, SOOTHING HEARTS



*"Every child carries
a unique world
within them. At
Soothing Hearts,
we strive to
understand that
world, to guide
them through their
emotional journey."*

ABOUT

IMAN SLEIMAN

An educational psychologist with an experience of over a decade, Iman's mission at Soothing Hearts is to provide compassionate, heart-centered counseling services that help children and teens heal emotional wounds, navigate life challenges, and build resilience for a healthier and brighter future.

Iman envisions a world where every child and teen has access to supportive, heart-centered counseling, helping them to overcome emotional challenges, build resilience, and realize their full potential, contributing to a healthier and more compassionate society.





"Every child and teen has a unique story to tell. At Soothing Hearts, we make sure their stories are heard, understood, and honored. Together, we can turn challenges into stepping stones for growth and resilience." - Iman





Empowering Hearts, Inspiring Minds

Mission

Soothing Hearts is dedicated to providing compassionate, personalized counseling and guidance services to children, teens, and parents. We aim to create a safe, supportive virtual space where every individual is heard, understood, and guided towards emotional growth and healing.

Vision

Our vision is to become a leading online resource and support center for child and teen mental health. We aspire to foster an environment of understanding and acceptance, promoting emotional wellbeing and resilience among children, teens, and their families globally.



OUR VALUES



Compassion

We approach every situation with kindness and understanding, acknowledging the unique experiences and feelings of each individual.

Respect

We honor the individuality and personal journey of every child, teen, and parent we work with, fostering an environment of mutual respect.

Innovation

We continually seek to integrate the latest research and therapeutic techniques into our practice, offering the best support possible.

Integrity

We uphold the highest ethical standards, ensuring confidentiality and professionalism in all our interactions.

GOALS



To provide high-quality, personalized counseling services to children and teens, addressing their unique emotional challenges and fostering resilience and emotional growth.



To offer supportive consultation services to parents, equipping them with the strategies and knowledge they need to effectively support their children's emotional wellbeing.



To conduct regular workshops and webinars that educate the community about child and teen mental health, and provide practical guidance for parents and caregivers.



To continuously update our practices based on the latest research in child and adolescent psychology, ensuring our clients receive the most effective support possible.

Main Motive:

**DEDICATION TO FOSTERING
EMOTIONAL HEALING AND
GROWTH,**



**HELPING EACH CHILD TO UNCOVER THEIR
OWN PATH TO EMOTIONAL WELLBEING
AND RESILIENCE.**



SOOTHING HEARTS
EMOTIONAL WOUNDS HEALING CENTER

WHY SEEK PSYCHOSOCIAL EMOTIONAL SUPPORT FOR CHILDREN AND TEENS?

"At Soothing hearts, we understand the importance of providing compassionate care and guidance to young individuals, helping them navigate the complexities of their emotions and experiences. By offering a safe and supportive environment, we empower children and teens to explore their thoughts and feelings, heal emotional wounds, and develop the necessary skills to thrive in life."

"I am committed to delivering personalized counseling services that promote resilience, well-being, and a brighter future for every child and teen I serve."

Iman K. Sleiman.





Individual Counseling for Children and Teens

This program offers personalized sessions where the child or teen has a safe space to explore their feelings and challenges with a skilled counselor. The counselor uses a range of therapeutic techniques, tailored to each individual's unique situation. The issues addressed might include but are not limited to, self-esteem, anger management, coping with grief, dealing with bullying, or navigating academic pressures. The goal of these sessions is to help the child or teen develop healthier emotional responses, resilience, and coping skills, while also fostering a stronger sense of self-understanding and self-esteem.

OUR SERVICES



A group of six students and one adult counselor are sitting in a circle on teal chairs in a school setting. The counselor, a woman with dark hair, is on the left, holding a tablet. The students, three boys and three girls, are listening attentively. One boy in the center is holding a notebook. The background shows a classroom with tables and windows.

Group Counseling

This program provides an opportunity for children and teens to interact with peers who may be experiencing similar challenges. Conducted in a secure and moderated environment, these sessions can help participants realize that they are not alone in their feelings or experiences. Group sessions often use activities and discussions to facilitate shared learning and support. Topics might include social skills development, dealing with peer pressure, or coping with common adolescent stressors. The group setting can promote empathy, mutual support, and the development of healthy interpersonal skills.

OUR SERVICES

A decorative graphic in the bottom right corner consisting of several concentric, overlapping purple swirls.



Parent Consultation

This program is designed to equip parents with the tools and strategies they need to support their children effectively. Sessions might cover understanding child and teen development, communication techniques, strategies for managing specific behavioral issues, or advice on fostering a positive home environment. The goal is to empower parents to become more confident and effective in their role, improving the family dynamic and contributing to their child's mental and emotional health.

OUR SERVICES





Workshops & Webinars

These are educational events intended to provide parents, caregivers, and even children and teens with valuable information on various topics related to mental health, parenting, and child development. Workshops might be interactive, offering hands-on activities or discussion sessions. Webinars can be presented live online, and potentially recorded for later viewing. Topics might range from understanding the impact of social media on teen mental health to effective strategies for supporting a child through academic stress, to the latest research in child and adolescent psychology. These events aim to foster a better understanding of these issues in the community and provide practical, applicable advice for attendees.

OUR SERVICES



Understanding Child and Teen Anxiety

1



Soothing hearts workshop

Overview: This hands-on workshop aims to educate parents, caregivers, and educators about child and teen anxiety. Participants will learn to identify signs of anxiety, understand its impact, and explore effective support strategies.

Objectives: Participants will:

1. Understand anxiety in children and teens.
2. Learn to identify signs of anxiety.
3. Discover strategies to support those experiencing anxiety.
4. Understand the role of caregivers and educators in supporting mental health.

Structure:

- Session 1: Introduction to anxiety in children and teens.
- Session 2: Recognizing signs and impact of anxiety.
- Session 3: Exploration of support strategies.
- Session 4: Role of caregivers and educators.
- Session 5: Q&A and interactive discussion

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop handbook with key insights and resources.
3. Access to an online forum for post-workshop support.

Duration: 6 hours (split over multiple days)

Audience: Parents, Caregivers, Educators, anyone interested in child and teen mental health.

Promoting A Growth Mindset at Home

2



Soothing hearts workshop

Overview: This interactive workshop is designed to help parents and caregivers cultivate a growth mindset in children. Participants will learn the principles of a growth mindset and acquire practical strategies to foster resilience, perseverance, and a love for learning at home.

Objectives: Participants will:

1. Understand the concept of a growth mindset and its benefits.
2. Learn to differentiate between a growth mindset and a fixed mindset.
3. Gain practical strategies to encourage a growth mindset at home.
4. Learn how to praise effort rather than innate ability to foster resilience.

Structure:

- **Session 1:** Introduction to Growth Mindset: Understanding its concept and importance.
- **Session 2:** Growth vs. Fixed Mindset: Identifying the differences and their impact.
- **Session 3:** Strategies to Promote a Growth Mindset: Practical ways to encourage perseverance and a love for learning.
- **Session 4:** The Power of Praise: Understanding how to use praise effectively to foster resilience.
- **Session 5:** Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guide containing key insights, strategies, and additional resources.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, and anyone interested in fostering a growth mindset in children.

Effective Communication with Children and Teens

3



Soothing hearts workshop

Overview: This engaging workshop is designed to equip parents, educators, and caregivers with effective communication strategies to connect with children and teens. Participants will learn how to foster open dialogue, validate feelings, and build trust.

Objectives: Participants will:

1. Understand the importance of effective communication with children and teens.
2. Learn practical strategies to facilitate open and honest dialogue.
3. Discover how to validate feelings and build trust.
4. Gain insights into age-appropriate communication and active listening.

Structure:

- Session 1: The Importance of Communication: Understanding its role in building relationships.
- Session 2: Strategies for Open Dialogue: Techniques to encourage open and honest conversation.
- Session 3: Validating Feelings and Building Trust: Learning how to empathize and build trust.
- Session 4: Age-appropriate Communication and Active Listening: Adapting communication styles to different ages and practicing active listening.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop handbook with key insights, strategies, and additional resources.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Educators, Caregivers, and anyone interested in improving communication with children and teens.

Navigating Online Safely: A Guide for Parents and Caregivers

4



Soothing hearts workshop

Overview: This crucial workshop is designed to empower parents and caregivers with the knowledge and tools to guide children and teens in navigating the online world safely. Participants will learn about potential online dangers, privacy settings, and how to cultivate respectful digital citizenship.

Objectives: Participants will:

1. Understand the online landscape and its potential dangers.
2. Learn about privacy settings and how to use them effectively.
3. Develop strategies to guide children and teens towards respectful digital citizenship.
4. Gain resources for ongoing learning and guidance in online safety

Structure:

- Session 1: Understanding the Online Landscape: Overview of the digital world children and teens engage in.
- Session 2: Online Dangers: Recognizing potential online threats and how to mitigate them.
- Session 3: Privacy Settings: Learning how to set and maintain privacy settings across various platforms.
- Session 4: Cultivating Digital Citizenship: Strategies to guide children towards respectful online behavior.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guide with key insights, strategies, and resources for online safety.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, Educators, and anyone interested in learning about online safety for children and teens.

Bullying: Prevention and Intervention

5



Soothing hearts workshop

Overview: This critical workshop is designed for parents, caregivers, and educators to understand, prevent, and intervene in bullying situations. Participants will gain knowledge about different forms of bullying, warning signs, and effective intervention strategies.

Objectives: Participants will:

1. Understand different forms of bullying and their potential impacts.
2. Recognize warning signs of bullying.
3. Learn effective strategies for preventing bullying.
4. Develop skills to intervene appropriately when bullying occurs.

Structure:

- Session 1: Understanding Bullying: Examination of different forms of bullying and their potential effects.
- Session 2: Recognizing Warning Signs: Identifying signs that a child may be involved in bullying, either as a victim or perpetrator.
- Session 3: Prevention Strategies: Learning proactive measures to prevent bullying.
- Session 4: Intervention Techniques: Developing effective skills to intervene when bullying occurs.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guidebook containing key insights, strategies, and additional resources on bullying prevention and intervention.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, Educators, and anyone interested in preventing and addressing bullying.

Brain Based Learning in Classroom Setting

6



Soothing hearts workshop

Overview: This enlightening workshop is designed for educators, parents, and caregivers who are interested in understanding the brain's role in learning and how to leverage this knowledge in a classroom setting. Participants will delve into the science of learning, exploring how brain-friendly strategies can enhance learning outcomes.

Objectives: Participants will:

1. Understand the basics of how the brain learns.
2. Explore the principles of brain-based learning.
3. Learn how to implement brain-friendly strategies in a classroom setting.
4. Gain resources for continued learning and development in brain-based education.

Structure:

- Session 1: How the Brain Learns: Introduction to neuroscience and learning.
- Session 2: Principles of Brain-based Learning: Examination of the guiding principles behind brain-based learning.
- Session 3: Brain-friendly Classroom Strategies: Practical examples and strategies that engage students' brains for better learning outcomes.
- Session 4: Application and Practice: Participants will have the opportunity to develop and practice brain-based learning activities.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guidebook containing key insights, strategies, and additional resources for brain-based learning.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Educators, Parents, Caregivers, and anyone interested in brain-based education.

Mindfulness for Kids: Cultivating Awareness and Calm

7



Soothing hearts workshop

Overview: This engaging workshop is designed to equip parents, caregivers, and educators with tools and techniques to teach mindfulness to kids. Participants will understand the benefits of mindfulness, learn age-appropriate mindfulness exercises, and explore ways to incorporate mindfulness into a child's daily routine.

Objectives: Participants will:

1. Understand the concept of mindfulness and its benefits for children.
2. Learn a variety of age-appropriate mindfulness exercises.
3. Discover practical ways to incorporate mindfulness into a child's everyday routine.

Structure:

- Session 1: What is Mindfulness?: Understanding mindfulness and its importance in children's mental and emotional well-being.
- Session 2: Benefits of Mindfulness: Discussion of the physical, mental, and emotional benefits of mindfulness for children.
- Session 3: Mindfulness Exercises for Kids: Participants will learn and practice a variety of mindfulness exercises suitable for kids.
- Session 4: Incorporating Mindfulness: Strategies to incorporate mindfulness into a child's everyday routine.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guidebook containing key insights, exercises, and additional resources for teaching mindfulness to kids.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, Educators, and anyone interested in promoting mindfulness in children.

Raising an Emotionally Intelligent Child: A Pathway to Understanding

8



Soothing hearts workshop

Overview: This essential workshop is aimed at parents, caregivers, and educators who seek to foster emotional intelligence in children. Participants will understand the concept of emotional intelligence, its importance in a child's development, and learn strategies to nurture emotional intelligence in children.

Objectives: Participants will:

1. Understand the concept of emotional intelligence and its importance in a child's development.
2. Learn strategies to nurture emotional intelligence in children.
3. Understand how to handle challenging emotional situations and foster emotional resilience in children.

Structure:

- Session 1: What is Emotional Intelligence?: Understanding emotional intelligence and its impact on a child's development.
- Session 2: The Role of Emotional Intelligence: Exploration of how emotional intelligence influences a child's social interactions, academic success, and overall well-being.
- Session 3: Nurturing Emotional Intelligence: Learning techniques to foster emotional intelligence in children.
- Session 4: Handling Emotional Challenges: Strategies to help children navigate difficult emotions and develop emotional resilience.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guidebook containing key insights, strategies, and additional resources for raising an emotionally intelligent child.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, Educators, and anyone interested in nurturing emotional intelligence in children.

Sibling Rivalry: Navigating Conflict and Fostering Harmony

9



Soothing hearts workshop

Overview: This insightful workshop is intended for parents, caregivers, and educators who want to understand sibling rivalry and learn effective strategies to manage it. Participants will explore the root causes of sibling rivalry, recognize its signs, and gain strategies to promote healthier relationships among siblings.

Objectives: Participants will:

1. Understand the root causes and dynamics of sibling rivalry.
2. Learn strategies to manage sibling rivalry effectively.
3. Understand how to foster healthier and more harmonious relationships among siblings.

Structure:

- Session 1: Sibling Rivalry Uncovered: Understanding the dynamics and root causes of sibling rivalry.
- Session 2: Recognizing Sibling Rivalry: Identifying the signs of sibling rivalry and understanding its impacts on family dynamics.
- Session 3: Managing Sibling Rivalry: Practical strategies for managing conflict among siblings and promoting fair resolution.
- Session 4: Fostering Harmony: Techniques to encourage positive interactions and build stronger relationships among siblings.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guidebook containing key insights, strategies, and additional resources for understanding and managing sibling rivalry.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, Educators, and anyone interested in promoting healthier sibling relationships.

Effective Conflict Resolution: Skills for a Harmonious Home

10



Soothing hearts workshop

Overview: This interactive workshop is designed for parents, caregivers, and educators who wish to build their skills in conflict resolution. Participants will gain an understanding of the nature of conflict and learn effective strategies for resolving disputes, reducing tension, and promoting peaceful interactions.

Objectives: Participants will:

1. Understand the nature and root causes of conflict.
2. Learn effective strategies for resolving disputes and reducing tension.
3. Develop skills to promote peaceful interactions and a harmonious environment.

Structure:

- Session 1: Unpacking Conflict: Understanding the nature, root causes, and types of conflict.
- Session 2: Effective Communication: Learning how to express feelings and needs effectively during conflicts.
- Session 3: Conflict Resolution Strategies: Practical strategies for resolving disputes and reducing tension.
- Session 4: Fostering Peaceful Interactions: Techniques to promote peaceful interactions and a harmonious environment.
- Session 5: Q&A and Interactive Discussion: Opportunity for participants to ask questions and share experiences.

Deliverables: Participants will receive:

1. A Certificate of Completion.
2. A workshop guidebook containing key insights, strategies, and additional resources for effective conflict resolution.
3. Access to an online forum for continued support and knowledge sharing.

Duration: 5 hours (divided over multiple days)

Audience: Parents, Caregivers, Educators, and anyone interested in mastering conflict resolution skills.



**THERE IS NO SUCH THING AS A PERFECT
TEENAGER. LET US HELP YOU EMBRACE
YOUR UNIQUENESS AND BECOME THE
BEST VERSION OF YOURSELF.**



CONTACT US



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