



SOOTHING HEARTS

EMOTIONAL WOUNDS HEALING CENTER

WORKSHOP

BULLYING: PREVENTION AND
INTERVENTION

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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.



Bullying: Prevention and Intervention

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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.



"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






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