

REACH Training Services and Workshops



REACH offers our services free of charge to ensure accessibility for all, but when an organization/ company/ institution can support us financially, we ask for an honorarium for our time (prep and facilitation). To schedule a training workshop, please contact the prevention team at prevention@reachma.org

1 hour virtual: \$150
1 hour in-person: \$200
Full training series: \$300

DV 101: This workshop focuses on deepening our understanding of domestic violence and the impact it has on individuals and the community. Participants will learn about definitions, types of abuse, and relationship dynamics. Participants will build skills on recognizing signs of abuse and understand barriers that survivors may face when seeking support.

Teen Dating Violence (for adults): This workshop focuses on information and skills to recognize, respond, and support youth experiencing relationship abuse. Participants will learn about common behavioral indicators of dating violence, health effects, and tools to assist youth after disclosures of abuse. Participants will build skills and confidence in supporting young people in their lives.

Teen Dating Violence (for youth): This workshop focuses on understanding teen dating violence and the impact it has on young people. Participants will deepen their understanding of dating violence, types of abuse, and warning signs of abuse. Participants will build skills on recognizing signs of abuse, supporting peers, and seeking resources.

Trauma 101: This workshop focuses on the impact of trauma, types of traumas, and the effects trauma can have to help us better support impacted individuals. Participants will gain a better understanding of the complexities surrounding trauma and build skills on recognizing behaviors of and responding to individuals impacted by trauma.

Creating Trauma Informed Spaces: This workshop focuses on creating and sustaining trauma informed spaces by discussing trauma, principles of trauma informed care, and strategies on sustaining a trauma informed environment. Participants will learn how to apply trauma informed practices in their communities.

Healthy Relationships 101: This workshop focuses on elements of healthy relationships with friends, family, partners, colleagues, or community members. Participants will deepen their understanding of the differences between healthy and unhealthy relationships. Participants will also build skills and confidence on active listening, healthy conflict resolution, and setting boundaries to sustain positive relationships.

What to do, what to say: This workshop addresses one of the most common questions we receive: If I am concerned about a friend, family member, or neighbor that may be experiencing abuse in their relationship, what do I do? What do I say? Participants will build skills on recognizing signs of abuse, responding to disclosures, and supporting the survivors in their lives.

Boundaries & Consent: This workshop focuses on the themes of consent, boundaries (and how they are impacted by the identities we hold), and power dynamics created and held by others. Participants will deepen their understanding of consent and the different types of boundaries. Participants will also build skills and confidence on setting boundaries and respecting others.