



Connecting Cultures

*Health and Social
Development Training &
Project Management*

Professional Services, & Workshops

September 2010 - April 2011

A listing of services & workshops



Services & Workshops for Thriving

- Project Development
- Proposal Writing
- Evaluations & Research
- Connecting Cultures - Diversity Engagement for Organizations
- Addiction & Prevention Workshops
- Community Development & Health Promotion Workshop
- Personal & Relationship Development Workshops

“Connecting Together to Build a Brighter Future”

www.healthandsocialdevelopment.com



A Message From the Founder of Connecting Cultures



Tawnshi! (*Hello!*)

Welcome to Connecting Cultures! Connecting Cultures is built on promoting wellness and creating services with better practice standards and incorporating the wisdom of your agency and community.

It is said, *“Enthusiasm is excitement with inspiration, motivation and a pinch of creativity”* (Bo Bennett). With this motto in mind, Connecting Cultures, will provide you with a range of professional services that includes program development, curriculum writing, proposal writing, professional development workshops for staff, community consultation services, and evaluation and research services.

If your agency or community is wanting to make changes in the areas of health and social development, give me a call with your ideas and Connecting Cultures will work with you to facilitate your ideas becoming achievable projects. Your community and staff will experience empowerment and celebrate success through the services Connecting Cultures provides. Better health and wellness is here, why not seize the day!

All the Best,

Romy Pritchard,
President, Manager & Trainer

Fees for Service

Connecting Cultures provides full consultation and training services.

Services are provided to community groups, agencies, schools, businesses, and government ministries.

Specialty consultation & training services include:

- Diversity Training
- Addiction & Mental Health
- Prevention and Health Promotion
- Indigenous Child Welfare
- Strategic Planning & Proposal Writing
- Human Resources
- Youth and Family Programming
- Research and Evaluation for Projects

Contract Fee structure*

Rates: \$50/hr + Taxes

- Consultation Services
- Program Development/Project Management
- Curriculum/Resource Development
- Proposal Writing
- Research and Evaluation

Trainer per day: \$1000 + Taxes

Trainer per half day: \$600 + Taxes

Please inquire about tailoring a workshop for your needs.

**Extra Costs include printing of resources, travel, accommodations, meals, refreshments for training events and Elder consultations.*



Specialty Workshops Provided

Connecting Cultures - Diversity Engagement for Organizations

As a multicultural workplace become a norm it is important that employers have the skills and resources for sustaining safe working environments, managing human resources effectively, and creating working environments that celebrate the similarities of employees. This environment will foster creative solutions and positive conflict resolution. As a participant you will look at the changing demographics, the value of a multicultural workplace, the impact of values on decision making, first impressions and subtle discriminations, and leading and supporting diversity in your workplace.

Working within Aboriginal Communities



If your service delivery would like to be more effective in working with Aboriginal people and communities this workshop will provide a foundation understand of Aboriginal peoples today. Course topics will include colonization recovery efforts,

multi-cultural issues within Aboriginal peoples, current health, social, economic, and educational development strategies, Indigenous world views, and understanding the importance of following cultural protocols. The information provided will showcase Aboriginal diversity and detail better practices for delivering services within Aboriginal communities.

Specialty Workshops Provided

Communication Skills Training

This skill based training will focus on helping participants learn and fine tune the basic foundation skills of good communication.

Training will involve looking at the intentions behind communication and inviting others to communicate better as we learn to communicate more effectively. Skills learned will include the fine art of listening, avoiding communication roadblocks, vocabulary enhancement, the practice of negotiations and empathy, feedback, and concise questioning skills. These foundation communication skills will be beneficial for all relationships whether they are family relationships, work relationships, or business relationships.

Managing Change

This workshop is about understanding change in our life and the world around us. Nothing stays the same except change! Learn how to understand change through different lens such as “transformative change” or “planned change”. The workshop will also look at the impact of change on our body and how we interact with those around us. The workshop facilitator will then demonstrate how to work with change, to fear it less and learn to bend and thrive with change. This course will be beneficial for those experiencing major changes in their life as well as for employees, managers and administration personnel who work to facilitate change. If you are interested in learning more about change - this is the course for you!



Specialty Workshops Provided

Community Development in Health Promotion

This workshop will provide a basic overview of community development as a key ingredient for health promotion. Participants will explore how communities change, social marketing, engaging community partners, and evaluation strategies. This workshop will encourage and provide stories of community change internationally, within Canada, and locally. In this workshop you will also learn about building relationships and gain skills for working in communities. This day will be inspiring for anyone who is interested in supporting communities in positive change and being an effective change partner within communities.

Understanding Alcohol and Drug Addiction



This workshop will provide participant with a beginning understanding of substance use and addictions. The workshop will look at the historic view points of addictions, current theories of treating addictions, developmental perspectives on substance use such as adolescent experimentation and elder use. Other areas that will be touched on will include the overlap between addictions and mental health issues. Participants will have a chance gain insight on how to work with someone who is misusing substances in their life.

Specialty Workshops Provided

Preventing Youth Addictions

This workshop will provide an overview of adolescent substance use. Participants will learn about the continuum of use, the process of addiction and adolescent development. Other areas discussed will be categories of drugs, the impact of substances on development, and effective ways to delay the use and misuse of substances with youth. Participants will also learn about effective engagement strategies for working with youth no matter their level of readiness for change. This workshop will be helpful for people who are working with youth or who are family members of young people.



Caring for an with Elder Substance Use Issues

This workshop will provide an overview of substance use and the older adult. Participants will learn about the continuum of substance use, the process of addiction over the lifespan, and the role of mental health and substance use for the elderly. Participants will also learn successful ways to help elders using substances live healthier, talking effectively with health practitioners and providing care for your aging family member. You will also learn how to balance and find support for your own needs while caring for your family member.



Specialty Workshops Provided

Reclaiming our Spirit - Preventing Burnout



As we work harder to support others, facilitate change, and nurture our families and communities we can forget about promoting our own health and wellness. This workshop focuses on how to remember to listen to our own body and spirit, to set boundaries, and plan for self care “boosters”. This workshop will provide opportunities for participants to

find joy and playfulness and reflect on how these aspects of ourselves keep our spirits strong even when times are difficult. Participants will have a chance to look at their own personal self care techniques, learn new techniques, and take away a new commitment for personal wellness.

Overcoming the Obstacles

Ever feel that the odds are stack against you? Having difficulties finding direction in life? Is your life circumstance getting you the best of you? This workshop will provide participants new inspirations and tips for dealing with what life throws at you. There are tried and true methods of fostering your own resilience, finding joy and happiness, and achieving those goals that you have. It does not matter what your life circumstances are now in this workshop you will discover ways to move beyond what is holding you back. If you have a desire for health and wellness, success, great relationships, and inner happiness don't miss this power boosting workshop.

Specialty Workshops Provided

The Art of Unleashing Your Potential

This workshop is about being able to smile and laugh in your life more. It is also about having more energy to do those things that you want to do. We all get stuck and sometimes need a different avenue to get our juices flowing again. In this workshop you will be invited through various art activities to explore where you are now and what you would like to be and do. Through engaging in art techniques in a fun and safe environment, exploration of your creativity is increased. Creativity allows for more fluid and flexible problem solving. Art bypasses our typical and sometimes stuck patterns of thinking and feeling. Art play helps us to access new and different ways of being, releases and reduces stress, and becomes a source for potent healing.

Developing Healthy Relationships



This workshop will provide insight on developing healthy relationships for parents and youth, romantic partners, an other significant relationship in your life. This awareness raising and skill building workshop will give you foundations skills of better communication (become the Giraffe!), boundary setting, balancing personal development with relationship development, and creating deeper and more meaningful intimacy. You will find yourself feeling greater happiness, contentment and being personally grounded throughout all of your relationships through the insights and skills taught in this workshop.



Connecting Cultures' approach to building healthy communities and providing Services

Inclusive cultural learning

Connecting Cultures is built on the philosophy of working together from across diverse cultures. With the current issues we face regarding health, social issues, economics, and limited resources on our planet we are all effected. Connecting Cultures works to create respectful opportunities for listening and learning from each other to find ways to work together to solve current problems. If you have cross cultural projects or want professional **consultation, phone 250-920-0373.**

Invigorating training

A cornerstone for Connecting Cultures is **health and social development training**. Training that is based on current research, better practices, and is facilitated for personal growth. Training is developed and tailored for each agency, profession, and community. Practices change, communities grow, new services are needed and Connecting Cultures provides this training. If your agency, business or community is in need of developing **new training** contact **romy.pritchard@ccultures.com** to design a workshop for you.

Solutions built on innovative wisdom

Just as we need to learn from each other to grow, Connecting Cultures consults to build new programs and services through learned wisdom combined with innovative problem solving. Creativity is the source of inspiration to look at difficulties with new eyes. Wisdom is the process of applying these creative ideas. Connecting Cultures would like to work with you on building your **new project or program**. To view other projects Romy Pritchard has helped develop visit:

www.healthandsocialdevelopment.com.

About Romy Pritchard

Romy Pritchard is a Red River Métis woman. Ms. Pritchard holds Double Bachelor of Arts degrees in Human and Social Development and Fine Arts and has post graduate training in Art Therapy.

As an artist Romy Pritchard works in clay, stone, paint, and other mixed media. She has shown in local art shows with her work winning awards.

Ms. Pritchard also has worked in the human and social development field with at risk children, youth, and families the last twenty years. In the last decade she has specialized in prevention of addiction, mental health promotion and community development around such issues of health, employment, and child, youth and family programming.



Does your organization need training yet is financially in a crunch?

Connecting Cultures offers free training several times to organization in need throughout the year. If your organization would benefit from training offered by Connecting Cultures but can not afford it write a letter to Connecting Cultures detailing the organizations commitment to employee wellness, community services, and the type of training desired.

Extra costs such as travel or food for training will need to be covered by your organization.

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3851 Saul St.
Victoria, BC V8X 1S4
www.healthandsocialdevelopment.com
Phone: 250-920-0373
Fax: 250-920-0370
E-mail: romy.pritchard@ccultures.com