

WORKSHOPS

FREEDOM CHRISTIAN FAMILY COUNSELING

designed for Girls Ministry

Our workshops are designed to empower individuals and groups through engaging, hands-on learning experiences. Each workshop typically lasts between 2 to 4 hours, depending on the topic. We offer a variety of themes to meet the needs of our participants.

- Pricing: Workshop fees range from \$35 to \$50 per person, depending on the length and content of the session.
- Minimum Group Size: A minimum of 10 people is required to book an in-person workshop at your facility. A minimum of 5 for a dedicated virtual workshop.
- Scheduling: Workshops can be scheduled during the week or on Saturdays to accommodate your availability.
- Deposit: A non-refundable \$50 date-holding deposit is required to secure your booking, which will be applied toward the total cost of the workshop.
- Payment: All remaining funds are due 24 hours before the workshop date. Online payment through our portal is accepted. Check is accepted only for in-person workshops.
- Add-Ons: Day-of add-ons are available, but please note that special activity materials may not be guaranteed for late additions.
- Cancellation & Transfers: Workshops are non-refundable but can be transferred to another available date.
- Please find the following list of available topics below and their workshop syllabus.

For more information or to book your workshop, please contact:

Bibiana Castro

Call or text: 951-542-9927

Email: freedomcfce@outlook.com

We look forward to serving you and helping you achieve your goals!

Friendships

“The Friendship Blueprint: Building Strong, Lasting Bonds”

1. The Importance of Friendship
2. The Qualities of Healthy Friendships
3. Building and Strengthening Friendships
4. Setting Healthy Boundaries in Friendships
5. Friendship and Conflict Resolution
6. The Myth of BFF: Friends that are for a season
7. Celebrating Friendships: All the ways to show love to your friends

This workshop could include a mix of lectures, group discussions, small group activities, and personal reflection exercises to keep participants engaged and provide actionable insights. Emphasizing both the theoretical and practical aspects of friendships will help attendees understand their value and provide tools to cultivate and sustain meaningful connections in their lives.

Recommended Age: 12–18



Confidence

“Unstoppable You: Building Radiant Confidence”

1. Understanding Confidence
2. Overcoming Self-Doubt
3. Building Self-Awareness
4. Body Language and Non-Verbal Communication
5. The Power of Positive Affirmations
6. Cultivating Godly Confidence
7. Creating a Confidence-Building Routine

This workshop will provide participants with practical tools and a deeper understanding of how to build and sustain confidence in all areas of life. The goal is to leave attendees feeling empowered, motivated, and equipped with strategies to grow emotionally and spiritually. This workshop includes engaging discussions and hands-on activities.

Recommended Age: 12-18

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Boundaries

“The Boundary Blueprint”

1. Understanding Boundaries: Poor, Rigid, & Healthy Boundaries (Assessment activity)
2. The 6 Types of Boundaries
3. Building and Strengthening Healthy Boundaries
4. Understanding People Pleasing
5. Boundaries and Communication: Communicating clearly, assertively. The Power of Saying No.
6. Tough Conversations: Setting Boundaries with Family and Friends
7. Boundaries as a Key to Self-Care
8. Setting Boundaries with Confidence
9. Overcoming Guilt and Resistance

This workshop will explore the six types of boundaries and gain practical strategies for building and strengthening them in various aspects of life. Participants will learn the dynamics of people pleasing and the importance of clear, assertive communication, including the power of saying no. Discover how to navigate tough conversations with family and friends while prioritizing self-care. By the end of this workshop, participants will feel empowered to set boundaries with confidence and overcome feelings of guilt and resistance.

Recommended Age: 14-18



Healthy Relationships

“The Heart of Healthy Relationships”

1. Key Elements of Healthy Relationships:

Communication, Boundaries, Trust, Mutual Respect

2. Identifying and Addressing Toxic Behaviors

3. Cultivating Self-Love and Independence

4. Practical Tools for Building Healthy Relationships:

Conflict Resolution Skills

This workshop will guide participants to explore key elements and healthy expectations in teen dating such as effective communication, setting boundaries, fostering trust, and ensuring mutual respect. We will also delve into identifying and addressing toxic behaviors that can undermine relationships. This workshop includes interactive discussions and activities. Participants will acquire practical tools for conflict resolution, equipping with skills to handle disagreements constructively. By the end of the workshop, participants leave with a deeper understanding of healthy relationship dynamics and actionable strategies to enhance connections with others.

Recommended Age: 14-18

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Leadership Legacy

5 ways to build up the next generation of young women

1. Helping girls to find their voice
2. How to inspire confidence
3. How to teach them to be resourceful
4. How to support them in crisis
5. How to invest in them

This workshop will train leaders in 5 ways they can help build up the next generation of young women. Participants will explore the skills and virtues girls need to be successful in the real world. By the end of the workshop, participants leave with a deeper understanding of the importance of building up younger women and the importance of their influence and position.

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