

What We Offer

Building Capacity
School Staff Training
Peer Support
Inclusive Schools
Parent Workshops
Programs for Kids
Consulting



Julia Swaigen MSW, RSW founded Attuned Families to provide more direct support in Child, Family, and School Mental Health. We believe it is crucial to take preventative measures when addressing children's mental health, which is why she has been working on this for 18 years through her clinical and consultative work in Public Agencies, Public Schools, and Private and Independent Schools.

About Us

Prevention. Early Intervention.
Innovation.

Our experienced therapists at Attuned Families offer a range of services that will improve the overall mental health, well-being, and culture of your school community.

Contact Us for Further Inquiries and Booking



Email

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Phone

647 - 360 - 0778



Website

www.attunedfamilies.com



ATTUNED FAMILIES

MENU OF SERVICES FOR
SCHOOLS

OUR SERVICES

Building Capacity for Mental Health and Wellness - Certificate program to assess your school policies, procedures, and practices through a Children's Mental Health. You will have the opportunity to receive support implementing recommendations to become certified/recognized for your commitment in supporting the Social, Emotional, and Relational needs of your students and community.

Emotion Focused Skills Training for School Staff - Looking for practical tools to seamlessly implement emotion-based skills in a school setting with students and parents? EFST empowers school staff to deal proactively with challenging behaviours, crisis situations, and reduce stress while also fostering positive relationships for students and staff alike.

Peer Support - Educators have faced unprecedented challenges and are prone to burn out. A Peer Support Program for Educators encourages a framework for staff to receive support from one another, develop a common language of support, and raise the morale of staff. Our Peer Support Programs are developed individually to meet the unique needs of each school.

Inclusive Schools (Anti-Racism and Anti-Oppression) - Creating an Inclusive School is central to supporting mental health and well-being. Inequities can breed conflict and reduce the ability of a school community to meet the needs of its most vulnerable members. Workshops and Consultation are provided to offer learning, understanding, and growth towards a more equitable community. Discover how your school can benefit from applying an Anti-Oppressive lens to education and community.

Parent Workshops - Attuned Families offers a wide range of workshops to better support families and parents to achieve their goals, and de-stigmatize the supports available to children and families. If there is a topic of concern for your community, contact us to discuss a custom talk. Or choose from one of the following:

- **Clearing the Path to Connection in Families:** Julia discusses the importance of strong, connected family relationships, why so many families struggle to maintain healthy relationships and what can be done about it.
- **The Power of Attunement:** Attunement is a game changer in parenting. Julia discusses what Attunement is, why it's so pivotal in parenting and how to have more of it.
- **Attuned Parenting:** Julia discusses the core behaviours that lead to trouble in relationships and the core behaviours that support healthy relationships and help children thrive.

Don't see the solution you need here?

We also provide **Consulting**.

Every school is unique. Whether you need crisis support, or want to focus on prevention but don't know where to start, reach out - we are committed to supporting school communities to thrive and we will help you gain clarity on the needs of your community, as well as solutions.



Programs for Kids - Children focused programs that are presented in a shame-free way to address:

- **The Anatomy of Friendship:** We take a look at how different parts of our body (including our brains) can help or hinder our friendships and social interactions. Through 6 interactive sessions, we normalize common social struggles and introduce healthy alternatives.
- **Managing Anxiety:** Anxiety is a healthy and necessary part of life, when it is kept in check. We support children to learn to manage their anxiety to improve their functioning and quality of life.
- **Cashew (Our Therapy Dog):** Cashew, Come! Our Therapy Dog Cashew loves to visit kids at school. He brings joy and comfort to the students who need it most, and into whole school communities, and often helps kids learn important life lessons.