



Email [reply@brainandbodycoalition.org](mailto:reply@brainandbodycoalition.org) to book or request a service.  
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## **EXPLANATION OF CHARGED SERVICES**

The Brain and Body Coalition, dedicated to BIPOC mental wellness, offers comprehensive, in person services throughout the State of New York. These services are designed for groups of five or more. All services can be tailored and many offered in hybrid scenarios.

Our **keynote speakers**, available for events, cover diverse topics from Culture to Mental Health. We occasionally offer free services based on event specifics. Our keynote speakers are chosen based on the relevancy of the topic, and the speaker's experience.

Our nationally recognized workshop, "**It Is What It Is: Breaking the Barriers of Stigma**," addresses mental health understanding, coping skills, and DEIA. With flexible timing, the four-hour workshop includes dynamic dialogue, group work, and videos on topics like culture in the workplace, anxiety, and bullying. This workshop comes with much flexibility as it is meant to reach individuals where they are to have a greater impact in training. When given to youth the training is normally given in segments or broken into Breaking the Barriers of Stigma **Bursts**. These Burst training sessions are normally offered in more than one session and in a period of thirty minutes to an hour based on the age of the child.

**Mental Health First Aid** training with a blended approach. Participants complete two hours of pre-work at their own pace before the course, which is held in person for 5.5 hours offered periodically with a waitlist option. This course is open to organizations, but individuals can always be added to our waitlist.

**Narcan training** provides life-saving skills for opioid overdoses, emphasizing self-care and safety. This 90-minute session can be conducted in groups or as pop-up events in the community, supported by Narcan from Dutchess and Ulster County. Narcan training normally done in a shorter period has an added wellness component as a reminder of self-care and wellness.

**"It Is What It Is: In school field trip"**, provides students with an engaging, hands-on mini workshop designed to address mental health stigma and empower youth to build resilience. This interactive experience focuses on developing coping skills through activities that help the students create their own personalized coping skill toolkits. Ideal for classrooms and afterschool programs, the field trip also includes a caregiver letter to encourage family involvement and a resource table available on the day of delivery, offering additional support and information for participants.

### **Brain Body Outdoors Initiatives**

It is scientifically proven that spending time outdoors is beneficial for your wellbeing. At The Brain and Body Coalition we use that scientific fact as an opportunity to build and enhance coping skills and team work through the sport of fishing and outdoor education.

Brain Body Outdoors is an opportunity to collaborate with our team or book us for one on one fishing education and lessons for all ages and abilities. Book us for your corporate event to increase team engagement or partner with us for a community fishing derby.

**InVision Your Goal**

This is an interactive event or session that involves education of SMART goals and the creation of Vision boards or books.

InVision Your Goal also involves processing grief through the creation of shadow boxes and collage with an experienced trauma informed facilitator.

**Each service includes valuable resources, and our website features a culturally competent resource guide with actively accepting providers. The Brain and Body Coalition is committed to fostering mental wellness through education and support.**