

What We Offer

Consulting

Staff Training

Parent Workshops

Programs for Kids



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Director, Attuned Families

Julia Swaigen has been supporting Child, Family, and School Mental Health through Clinical Work and Consultation for 18 years.

Julia supports schools to find simple solutions grounded in research to improve school climate and student performance by addressing underlying emotional needs.

Prevention Early Intervention Innovation

Our Mental Health Consultants offer a range of services to improve the overall mental health, well-being, and culture of your school community.

Contact Us for Details and Booking



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www.attunedfamilies.com



ATTUNED FAMILIES

SERVICES FOR SCHOOLS

OUR SERVICES

Building Capacity for Mental Health in Schools

Assess your school policies, procedures, and practices through a Children's Mental Health lens. You will have the opportunity to receive support implementing recommendations as well as a certificate in recognition of your commitment to supporting the Mental Health needs of your students and community.

Emotion Focused Skills Training

EFST empowers school staff to reduce stress for students, foster positive relationships for students and staff and support learning and achievement. Staff are equipped with the knowledge and skills needed to manage behaviour and emotions effectively, benefiting the whole school community.

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 staff morale. Our Peer Support Programs are tailored to meet the unique needs of each school.

Inclusive Schools

Discover how your school can benefit from applying an Anti-Oppressive lens to education and community. Creating an Inclusive School (through anti-racism and anti-oppression) is central to supporting mental health and well-being. Workshops and Consultation are provided to offer learning, understanding, and growth towards a more equitable community.

Parent Workshops

Attuned Families offers a wide range of workshops to better support families and parents to achieve their goals, and destigmatize 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 is 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. We will help you gain clarity on the needs of your community, and find and implement solutions.



Programs for Kids

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. For many children, anxiety can be heightened and hard to manage. We support children to learn to manage their anxiety to improve their functioning and quality of life.

Cashew, Our Therapy Dog

Our Therapy Dog Cashew loves to visit kids at school. He brings joy and comfort to school communities, and often helps kids learn important life lessons.