



# ALL-OPTIONS

pregnancy • parenting • abortion • adoption

## Trainings and Workshops

All-Options offers a variety of trainings on values clarification and nonjudgmental all-options counseling for healthcare and social service providers, advocates, educators, counselors, doulas, and anyone who's curious about supporting pregnant people. Our dynamic workshops are a great value – participants learn new skills, build and deepen relationships with colleagues, and leave with new understandings of people's experiences of pregnancy, parenting, abortion, and adoption.

**Currently, all trainings and workshops will only be conducted VIRTUALLY.** We will return to offering in-person workshops and trainings only when travel and gathering can be done safely.

### Offerings

#### ***Pregnancy Options Workshop – online (6-week facilitated course)***

We are now offering our signature training as a facilitated online course! Join us to expand your options counseling skills and your network of like-minded counselors and advocates, all from the comfort of your desk! We are excited to make this training accessible to people around the country who are interested in providing high-quality, unbiased, open-hearted support to their pregnant clients and patients. The online Pregnancy Options Workshop course includes an interactive 90-minute webinar each week for 6 weeks, and is approved for CEUs by the National Association of Social Workers. Upcoming trainings will be listed [here](#). You can also [join our email list](#) to be notified of future trainings.

#### ***Customized Pregnancy Options Workshop (4-9 hours)***

Interested in the Pregnancy Options Workshop (POW), and looking for some information that's tailored to the field you're in or the clients you serve? We'll customize a POW for your team, so you can explore the values and questions related to the topics most present and pressing for your communities. We have customized trainings for social workers, lawyers, anti-violence advocates, and others who want to practice offering openness and judgment-free support for the nuanced issues their clients face.

Note that if you are interested in a 9 hour workshop, we will work with you to split the time up over a number of sessions, as a 9-hour virtual session would be too draining for participants (and facilitators!). We can split the sessions up over several days or weeks, depending on what works best for your team.

#### ***Customized Values Clarification Training (90-120 minutes)***

Providing high quality pregnancy support means that we must be able to set aside our own biases and judgments in order to serve the people with whom we work. This customizable values clarification training is for professionals interested in learning to recognize and set aside biases, strengthen their receptiveness to whatever their clients may be navigating, and practice new approaches to communicating openness and compassion.

#### ***All-Options 101 In-Service (30 minutes)***

All-Options representatives are also available to provide in-service presentations to your agency, clinic, or community group. In-service presentations are a great way to learn more about All-Options' services and develop stronger referral systems, and to assess whether or not a longer options counseling training would be of use to your team.



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## What do our participants say?

*"It was an informative and useful presentation! We are always looking for more resources for our pregnant and parenting moms so it is greatly appreciated. Everyone was commenting after you left how helpful the presentation was!"*

*"My expectations were met and surpassed! The content, discussion and role-playing was so helpful, and the facilitation and skill building of the sessions were stellar."*

*"I honestly enjoyed the entire training, but if I had to choose, my favorite part was working in small groups. It was great to share stories and learn from each other. I want to attend EVERYTHING All-Options offers!"*

**For more information about organizing or hosting an All-Options training or presentation, please contact our National Trainings Coordinator, Karlie Thomas, at [karlie@all-options.org](mailto:karlie@all-options.org).**