

## Institute for Prevention Offerings Include:

- An initial free consultation to assess the company's needs
- A tailored wellness package that will target and address company challenges
- Group programs for employees
- Half-day and full-day workshops
- Lunch and learn series
- Call for customized pricing packages

## How To Contact Us

- Call 732.914.3815 or visit our website at [www.instituteforprevention.com](http://www.instituteforprevention.com).



INSTITUTE FOR PREVENTION

# Corporate Wellness Services

...supporting  
professional  
and  
personal  
development

■ ■ SAINT BARNABAS  
■ ■ BEHAVIORAL HEALTH NETWORK  
INSTITUTE FOR PREVENTION  
[www.instituteforprevention.com](http://www.instituteforprevention.com) • 732.914.3815

## Who We Are

A leader in the delivery and development of specialized prevention programming, the Institute promotes wellness through a variety of individualized programs designed to meet the needs of all segments of society.



## What We Can Do For You

Smart companies are aware that it pays to invest in their employees' wellness. To ensure success, we collaborate with you to create a customized package that matches your workforce needs and corporate objectives. Our wellness professionals are trained to offer solution based strategies that result in:

- OVERALL INCREASE IN PRODUCTIVITY AND COMPANY MORALE
- IMPROVED ATTENDANCE AND EMPLOYEE RETENTION
- REDUCTION IN HEALTH COSTS
- AN IMPROVED BOTTOM LINE

## Journey To Wellness

### WELLNESS SERIES

- TOBACCO DEPENDENCE TREATMENT PROGRAM  
A comprehensive, research-based 8 week program designed to help employees quit smoking
- COPING BEHAVIORS GONE WRONG  
Uncovers personal coping strategies that may be compromising one's goals and life
- STAYING ENERGIZED AT WORK  
Explores differences between productive and draining behaviors
- EATING FOR SUCCESS  
Examines ways of using food to improve work performance
- STRESS MANAGEMENT  
Teaches strategies for dealing with an information overload world
- USING ART AS A STRESS MANAGEMENT TOOL  
Explores creative techniques to enhance your potential

### WORK-LIFE SERIES

- INCORPORATING MORE 'LIFE' INTO THE WORK-LIFE BALANCE  
Learn ways to include more time for yourself while fulfilling your obligations at work
- RESPECT AND THE WORKPLACE  
Strategies on dealing respectfully with your colleagues at work

- CONFLICT RESOLUTION  
Learn techniques on how to resolve conflicts both at home and at work
- POSITIONING SELF FOR SUCCESS  
Learn how to set boundaries and minimize unwanted behaviors
- STRATEGIC THINKING  
Learn techniques on using your mind to achieve your goals
- SEXUAL HARASSMENT  
Mandatory regulations to safeguard your organization

### PARENTING SERIES

- POSITIVE COMMUNICATION  
Learn effective communication techniques to improve family dynamics
- PARENTING AN ATHLETE  
A 5-week parent skills training program for parents of children ages 11-18 engaged in sports
- PARENTING FOR PROFESSIONALS  
Learn ways to maximize family time
- CHILDREN IN THE MIDDLE  
A 5-hour program for parents going through separation or divorce
- TYPICAL OR TROUBLED  
Learn ways to distinguish between troubled and typical adolescent behaviors
- PARENTS: THE ANTI-DRUG  
The strategies to delay early onset of alcohol and substance use