



PROGRAM AREAS

CAREGIVERS THROUGH COMMUNITY ORGANIZATIONS

Omena partners with nonprofits, schools, and community organizations to provide caregiver workshops focused on:

- recognizing emotional harm early
- emotional regulation
- stress navigation
- communication during conflict

Outcomes

Participants report:

- stronger emotional awareness
- increased confidence supporting children emotionally
- improved family communication
- reduced conflict escalation

Programs are typically grant-funded or sponsor-supported to remain free or low-cost for families.

CAREGIVERS THROUGH EMPLOYERS

Stress at home impacts workplace wellbeing, communication, focus, and retention.

Omena helps employees build healthier emotional and relational skills through:

- emotional health workshops
- stress regulation tools
- conflict navigation strategies
- caregiver support programming

Benefits to Employers

- stronger psychological safety
- increased employee wellbeing
- reduced burnout
- improved workplace culture

Offerings range from introductory workshops to immersive trainings and ongoing implementation series.

PUBLIC SCHOOLS

Schools are being asked to improve attendance, behavior, mental health, and school climate, yet caregivers are often left out of the process.

Omena strengthens alignment between school, home, and community through:

- caregiver workshops
- youth emotional literacy sessions
- staff alignment support
- ongoing community-based implementation

Outcomes

Schools may see:

- increased emotional awareness
- improved communication at home
- stronger caregiver engagement
- healthier classroom climate

PRIVATE SCHOOLS

Omena supports independent schools seeking stronger emotional wellbeing and leadership development for students and families.

Programs focus on:

- emotional literacy
- communication skills
- conflict navigation
- emotionally healthy relationships

Value to Schools

- student wellbeing
- parent satisfaction
- leadership development
- emotionally healthy school culture