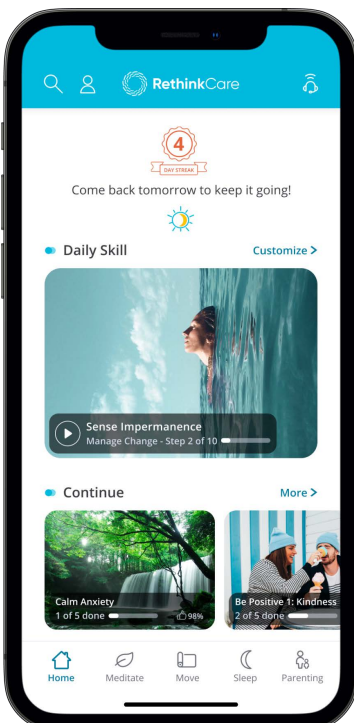




For parents to thrive at work,
they first need to thrive at home.



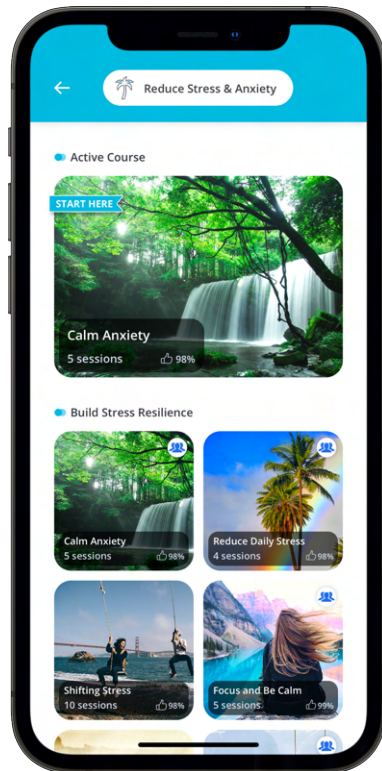
Parental Success, Personal Wellbeing, and Professional Resilience
Solutions for an Engaged and Resilient Workforce.



- ✓ Evidence-based **clinically-validated skills training** for employees' work and home needs.
- ✓ **Live consultations** with our Board Certified Behavior Analysts
- ✓ **370+ digital minicourses** supported by 9,000+ video / audio sessions, tips, articles and exercises.
- ✓ **9 languages available** to help employees worldwide optimize performance
- ✓ **The perfect complement** to enhance your existing caregiving, wellness, LMS, and EAP programs

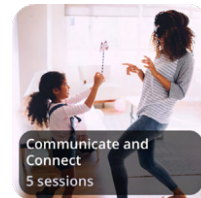
RethinkCare users learn immediate and repeatable skills to become better parents, employees, and versions of themselves.

Integrates Seamlessly Into Your Employee Experience.



Example courses include:

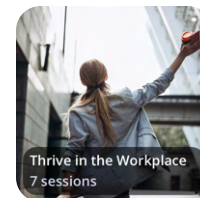
Parental Success



Personal Wellbeing



Professional Resilience



Created with 85+ leading MDs, PhDs & certified experts



Dan Siegel, PhD
Psychologist & Author
Cultivate a Healthy Mind



Mona Potter, MD
Medical Director
Adolescent Mental Health



Jeffrey Durmer, MD, PhD
CMO, Nox Health
Sleep



Michelle Maldonado, JD
Trainer, Search Inside Yourself
Emotional Intelligence



Anil Dindigal
VP, Salesforce
Sales



Linda Curtis
Trainer / Former VP, Visa
Financial Services



Rudy Wolf
Director of Safety, PG&E
Safety



Tara Cousineau, PhD
Chief Science Advisor, RethinkCare
Women in Leadership & STEM



Rick Hanson, PhD
Psychologist & Author
Positive Neuroplasticity

To learn more about our Parental Success, Personal Wellbeing, and Professional Resilience solutions, visit rethinkcare.com.










Mix & match 3 training solutions to meet your employee needs and company budget.

Parental Success















(including content for children with developmental disabilities)

 Mental Health - Parenting Skills NEW	 Practice Mindfulness With Your Child NEW
 Increase Awareness of Self & Others	 Build Daily Living Skills
 Practice Self Care	 Develop Communication Skills
 Manage Emotions	 Develop Motor Skills
 Develop Social Awareness	 Foster Play and Leisure
 Improve Social Skills	 Prepare for School
 Coping With Trauma	 Grow Social and Emotional Awareness

Personal Wellbeing

 Learn to Meditate	 Practice Yoga
 Reduce Stress & Anxiety	 Sleep Better
 Be Happier	 Improve Your Mental Health NEW
 Take One-Minute Breaks	 Financial Wellbeing  NEW

Professional Resilience

 Build Emotional Intelligence	<p>For Leaders, Supervisors and Employee Champions</p> <table border="0"><tbody><tr><td> Create a Culture of Wellbeing NEW</td></tr><tr><td> Support Diversity, Equity & Inclusion NEW</td></tr><tr><td> Authors and Certifications Series NEW</td></tr></tbody></table>	 Create a Culture of Wellbeing NEW	 Support Diversity, Equity & Inclusion NEW	 Authors and Certifications Series NEW
 Create a Culture of Wellbeing NEW				
 Support Diversity, Equity & Inclusion NEW				
 Authors and Certifications Series NEW				
 Improve Relationships				
 Develop a Growth Mindset				
 Manage Career Stress				
 Boost Physical Health				

73% of employees report increased focus and productivity at work

Resilience with Results

With a post-consultation Net Promoter Score of 86, our award-winning solutions address the root causes of your workforce's biggest stressors.



3 Solutions
on 1 unified platform



Live Access
to parenting experts



9,000+
audio & video sessions



Support
for the parent, child & family



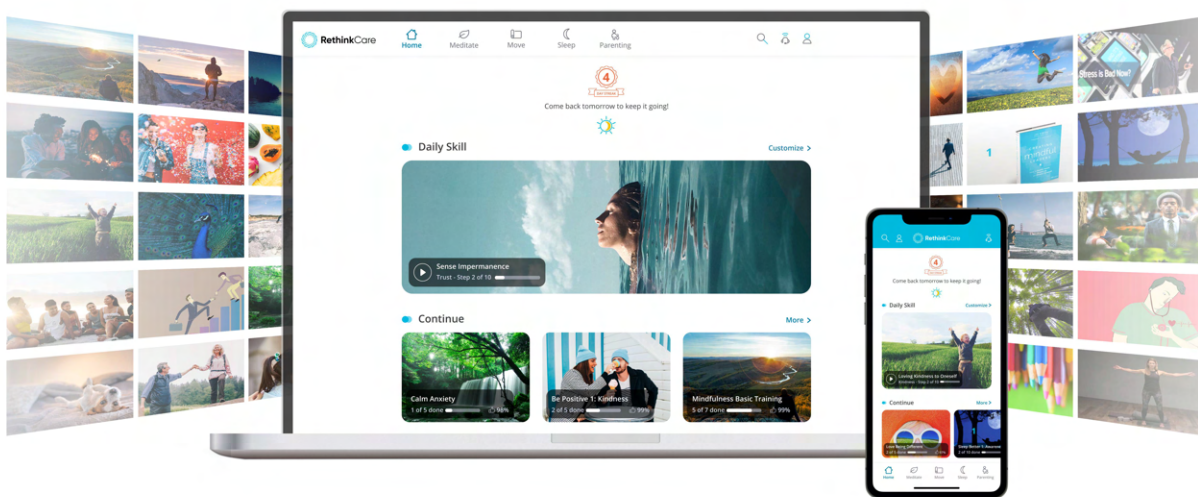
Global Access
in 9 languages

Recommended by industry leaders



Integrates Seamlessly into our Certified Reseller Partners in LMS, LXP, EAP and Corporate Wellness

The Leader in Parental, Personal, and Professional Support



“



“I was struggling to help my son adjust to a new school environment. **Rethink empowered me with a new approach** to my son's issue.”

- Bridget, RethinkCare participant

Learn more at rethinkcare.com



The Mental Health Suite Includes:

RethinkEd Mental Health is an effective and proactive program that supports students, educators, and families to promote mental health and wellness in school communities.

The program provides districts with on-demand targeted training, instruction, strategies, and resources **that foster the wellness and mental well-being of all learners.**

Mental Health and Wellness requires a foundation of strong Wellness Skills

The program also provides a framework for **mental health, wellness instruction and knowledge**, and includes professional development and K-12 student curriculum.

RethinkEd Mental Health was developed by a team of **clinical and educational experts**, and is specifically designed to help school districts recognize and respond to top wellness and mental health challenges while **enhancing the well-being of all students and the adults who teach them.**

Topics

- Anxiety
- Bullying and Violence
- Developing Healthy Identities
- Depression
- Digital Citizenship and Online Safety
- Human Trafficking
- Kindness to Animals
- Mental Wellness
- Reducing the Risk of Suicide
- Substance Use Disorders
- Trauma

On-Demand Professional Development

- Engaging videos appropriate for all educators, school staff, and caregivers
- Resources include identification of symptoms and risk factors, and strategies for prevention & support
- Increase school-wide awareness and support of mental health issues

K-12 Digital Curriculum

- Grade level lessons with discussion questions and engaging activities to improve mental health and wellness
- Empower students to seek help for themselves and others

Empowering Learners: RethinkEd's SEL in English and Spanish



At RethinkEd, we understand the importance of providing equitable access to social-emotional learning (SEL) resources, including for students who are native Spanish speakers and learning English. That's why our SEL curriculum is available in both English and Spanish, to ensure that they can fully engage with and benefit from our program.

By offering our SEL curriculum in both English and Spanish, we aim to better support native Spanish speaking students, educators, and families, fostering an inclusive learning environment where students continue to thrive.

Our translated Spanish content includes:

For Students:

- Grade-level student videos (closed-captioned and dubbed)
- Printable and fillable activities
- Visual supports and resources
- SEL assessments

For Educators:

- Lesson plans
- Teacher resources

For Families and Caregivers:

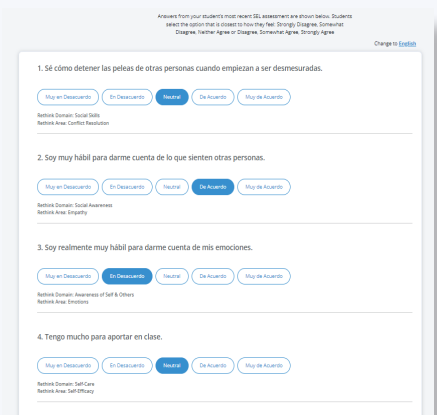
- Home connection letters



Student Videos



Student Activities



SEL Assessments