MONARCH
BEHAVIORAL HEALTH, PLLC

Provided at no cost to schools, PTAs & non-profits!

Free Mental Health & Wellness Seminars 2025-2026

Monarch Behavioral Health provides evidence based mental health and wellness care for all ages. One of our core missions is to provide low to no cost programming to the community. One way we accomplish this is by providing free seminars to schools and non-profit organizations. Our experts provide interactive seminars and facilitate discussions on a topic of your choice. We deliver concrete, usable information on mental wellness and development that positively impacts our Metro Detroit community.

Visit our website & learn about our experts

Would you like to provide your community with a free seminar, presented by experts in mental health and wellness?

We are now scheduling seminars and workshops for the 2025/2026 year and would like to offer your school or organization a free event. We can put together a talk on just about any mental wellness topic, but the following talks have been particularly well received in the last year.

Social Media's Impact on Youth Mental Health: Insights and Strategies for Socio-Emotional Wellness

The pervasiveness of mobile tech and app use among children and teens has ignited concerns about social media's effects on youth mental health. As rates of anxiety and depression continue to climb, what can we do to protect our kids as they begin to use social media? We will discuss how and why social media affects youth mental health, teaching our kids about digital citizenship, and strategies to address cyber bullying. We will also discuss the realities on the rocky road of parental monitoring, and warning signs for anxiety and depression. This presentation will provide you with concrete tools that you can implement in your home to combat negative effects of social media and support your child's mental wellness.

Battling the Anxiety Monster: Reducing Child & Teen Anxiety

Child anxiety is on the rise, and it affects children's learning, behaviors, moods, socializing and family relationships. Anxiety can be tricky to spot - its effects are wide ranging and sometimes surprising! We will discuss how anxiety affects kids' growth, development and learning, and develop positive strategies to help kids learn to cope and build resilience.

Helping Kids Grow from Conflict: Positive Parenting Strategies to Weather Your Child's Emotional & Behavioral Storms

Conflict in life is inevitable. When we can engage in conflict effectively we are able to get more of what we want and need in life, with less anxiety and relationship strife. As parents, when our children have big emotions or disruptive behaviors, we can teach them how to engage in productive conflict as a coping tool. In this seminar we will discuss how to teach our kids to engage in productive conflict patterns as they manage emotions and navigate their growing independence.

Executive Functions: What Are They and How do We Build Them?

Kids need well-developed executive functioning skills to carry them through school, into young adulthood and beyond. Helping our kids to develop these important skills will support their success in whatever they choose to do. In this seminar we will discuss these important brain processes and learn concrete ways to help our kids develop the skills to organize, plan and achieve their goals.

True Friends vs Toxic Friends: Navigating Friendships in the Tween Years

Geared toward parents and girls in grades 5-8, this seminar/workshop helps girls identify what they want in a good friend and what to do when friendships feel unhealthy or harmful. We will discuss levels of trust and closeness, and how to assess the health of a friendship. They will develop skills to set healthy boundaries and learn how to stand up for themselves assertively. Parents share in this experience to support their girls to make positive, healthy relationship decisions.

Strategies for Parenting Strong Willed Kids

Parenting is one of the hardest jobs you'll undertake! This is especially challenging when your child is born with a strong-willed temperament. This workshop focuses on positive parenting strategies that help you avoid power struggles and maintain the empathy, respect, and connection you want with your child by using routines that work, fostering emotion regulation, and liberal use of problem solving and natural consequences.

To schedule an event
email office@mbh-mi.com
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Understanding and Intervening in Problem Use of Marijuana, Alcohol, and Technology (Presentation Designed for Parents and Teens)
Most teens do a great job hiding unhealthy behaviors, so it's hard for parents to spot these challenges. We'll explore the subtle and sometimes surprising indicators that individuals may unknowingly exhibit as they strive to keep their habits a secret. We will discuss overarching patterns of these behaviors so that we can prevent these patterns from taking root, and we will also learn how to have difficult conversations with teens that lead to productive outcomes, rather than conflict and avoidance. Additional resources and actionable steps are provided. Through increased awareness, communication tools and further resources, you will feel empowered to support your teen to develop healthy behaviors when it comes to marijuana, alcohol and technology use.

Sleep Hygiene for Better Mental Health
(Program Designed for kids, teens and adults)
A good night's sleep is the foundation for so much of our physical and mental health, but many people struggle to adequately meet their body's sleep needs. This seminar will review current sleep guidelines and sleep hygiene principals to optimize our sleep efficiency. Utilizing strategies from Cognitive Behavioral Therapy for Insomnia (CBTi), we will discuss what to do during the day to maximize our chance of having a good night's sleep, as well as how to handle nighttime worries and anxieties that keep us from falling and staying asleep.

Supporting Your Child's Mental Health: Understanding Anxiety and Depression
(Program Designed for Parents and Educators)
Because kids and teens are constantly growing and changing, it can be hard to tell when behavioral or emotional difficulties are just a phase or are something more concerning. Yet, we know kids and teens are experiencing record high levels of anxiety and mood difficulties. Let's discuss what is underlying this surge in distress, as well as how we can accurately spot it. We will also discuss best practices for reducing anxiety and depression, as well as the most effective ways to help our kids develop the grit and resilience they need to ensure their strengths shine.

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Demystifying Learning Disabilities: Unlocking Neurodiverse Brains
Learning Disabilities are far more common than most parents expect and getting a correct diagnosis and supports can be very challenging! Meet with the experts from Monarch Behavioral Health to discuss Learning Disabilities, such as Dyslexia (reading disorder), Dysgraphia (writing disorder) and Dyscalculia (math disorder), as well as common co-occurring disorders (such as ADHD). In this workshop we will discuss warning signs of Learning Disabilities, how Learning Disabilities are diagnosed, where they come from, and how they are treated. We will also talk about pathways to educational supports in school, as well as research-backed treatments for each main type of Learning Disability. Let's work together to develop a plan for your specific child that highlights their strengths and lets them shine!

What Exactly is Neurodiversity?
Learn what neurodiversity really means and why it's important to understand and recognize neurodivergence. We will discuss conditions that fall under the umbrella of neurodevelopmental differences and explain how they manifest in people's lives across school, work, social and family contexts. We will highlight both the strengths neurodivergent individuals often display, like creative thinking and problem-solving, as well as the challenges they might face, such as struggles with organization or social interactions. Also discover practical ways to create more inclusive environments in schools, workplaces, and communities. The goal is to shift the way we think about "normal" and encourage empathy, acceptance, and real change, so we can build a world that celebrates neurodiversity.

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Foundations of Mental Wellness: Building The Identity Shield
(Program Designed for Parent, Teacher, Educational Staff)*
We want our children to grow up to be healthy, happy adults, right? One of the major contributors to resilience and positive mental wellness is a strong sense of self, or identity. The task of building identity around aspects such as personality, culture, sexuality, gender, areas of strength and competence, as well as important relationships is a complicated and sometimes stressful endeavor! Kids are pulled in so many directions by friends, social media, societal expectations, and ever-looming stress. But we can help with this! This workshop will provide ways you can support your child through their exploration of identity, and the process of building a strong sense of self in the teenage years. We will first discuss the stages of adolescent identity development, and how best to fortify your child's identity shield. Because the warning signs often aren't clear, we will also equip you with knowledge of risk factors and signals that your child may be developing depression or anxiety. Further resources for continued help and support will be provided. You will leave this workshop with a toolkit to help support your child in their experience of identity development, the ability to recognize signals and signs that they might need more support, and the pathway to helping them develop their identity shield.

Unshakable: Building Strong Identities to Protect our Mental Health
(Program Designed for Pre-Teens & Teens)*
Building a strong sense of self, or identity, protects us against life's challenges, and is a foundation from which we leap into new opportunities, adventures and relationships. But understanding how to build and fortify your sense of self in your teen years is a struggle when you are pulled in so many directions by friends, family, school, and social media. In this workshop we will talk about how we develop strong, healthy identities and how having an unshakable foundation guides healthy, successful decisions and shields us from life stress. We will also chat about warning signs and risk factors for depression, anxiety and unhealthy relationships to look out for, so we can seek help when needed. A hands-on activity exploring identity through art and expression will tie our discussion together. Resources for more support will also be provided so teens and/or their parents can follow up if needed. Let's work together to build a strong, healthy sense of self, so we can forge our path in this world.

*Monarch Behavioral Health workshops are inclusively designed for everyone; LGBTQIA+ identifying youth, as well as heterosexual, cisgender identifying youth and their parents are encouraged to attend. Gender and sexuality are important aspects of our identity and will be discussed. Our discussion of identity will also move beyond gender and sexuality, to view the 'whole person,' acknowledging the many aspects of identity.

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Fuel Your Fire: Utilizing Emotional Intelligence and Mindful Self-Compassion to Manage Burnout

You may often ask yourself, “Am I just a bit tired lately and lacking motivation, or am I tumbling into burnout?” In the helping and teaching professions, giving so much of yourself means burnout can sneak in without warning. This interactive workshop will move past pragmatic solutions to help you recognize surprising early warning signs, prevent the slippery slide into burnout, learn about preventative emotional intelligence strategies, and recover stronger — so you can keep feeling passionate and purpose-driven in the important work you do.

Cultivating Trauma-Informed Schools: A Research-Based Approach

Did you know that up to 50% of students that come into classrooms each fall have a history of trauma? Although traumatic experiences are varied and wide ranging, the effects of these experiences on education are profound. Traumatic experiences impact children and teens in ways that greatly disrupt their learning, executive functioning, socio-emotional and behavioral functioning. This workshop guides education professionals to recognize the signs of trauma, engage in an approved evidence-based trauma response plan, and work with students and parents to apply appropriate school-based interventions and supports. This program provides a deeper understanding of the biological and psychological impacts of trauma on learning and development so that teachers can do what they do best - support the growth and engagement of their students.

Supporting Resilience in the Face of Change & Transitions

Many kids struggle with transitions and changes. This talk is designed to give parents and teachers an understanding of why change and transitions are so difficult for some kiddos, and what we can do to make it easier on them.... and us!

Co-Parenting Through Separation or Divorce

Going through a separation or divorce is hard on everyone in the family. Parents are understandably worried about how this change will impact their children. This workshop covers ways to work together to put your children first and maintain their emotional and social well-being.

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