

# Free Mental Health & Wellness Seminars 2023-2024



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.

## 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 2023/2024 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.

### **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!

### **Parent Strategies for Reducing Child 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](mailto:office@mbh-mi.com)  
or call 248-220-3332**

## **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, 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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