



# YOUTH MENTAL HEALTH WORKSHOPS & TRAINING OPPORTUNITIES



DLC Wellness Institute is here to support the well-being of the young people that you serve. We offer evidence-based mental health workshops and trainings designed specifically for children, teens, families, and those who work with youth. Our engaging, practical sessions help youth build resilience, strengthen emotional skills, and develop healthy coping strategies.

## TOP 10 YOUTH MENTAL HEALTH TOPICS WE OFFER

### 1. Stress Management & Coping Skills

Tools to understand stress, identify triggers, and practice healthy ways to cope.

### 2. Anxiety Awareness & Support Strategies

Recognizing anxiety symptoms and learning grounding and relaxation techniques.

### 3. Building Resilience & Self-Esteem

Helping youth develop confidence, problem-solving skills, and self-worth.

### 4. Emotional Regulation

Understanding emotions and managing big feelings.

### 5. Social Skills, Relationships & Conflict Resolution

Navigating friendships, peer pressure, boundaries, and healthy ways to handle conflict.

### 6. Healthy Communication

How to share feelings respectfully and ask for help when needed.

### 7. Healthy Tech Use & Digital Well-Being

Navigating social media, screen time balance, and online stress.

### 8. Mindfulness for Youth

Simple, engaging practices to increase calm, focus, and self-awareness.

### 9. Substance Use & Addiction

Understanding common substances and their effects on developing brains.

### 10. Suicide Prevention Awareness (Age-Appropriate)

Recognizing warning signs, providing support, and connecting to resources. (Adapted for youth-serving staff or older teen groups only.)

## WORKSHOP FORMATS

- Presentations
- Interactive skill-building groups
- Staff trainings
- Parent/guardian sessions
- Customizable programs for schools, clubs, and community agencies

## LET'S PARTNER TO SUPPORT YOUTH

To schedule a workshop or request a custom training, contact:

Ashlie Agostinelli  
Family & Youth Wellness Coordinator  
[ashliea@DLCenters.org](mailto:ashliea@DLCenters.org)  
(Cell) 239-776-2490



Together, we can build healthier, stronger futures for the youth in our community.

# Flyer Summary

**Title:** Youth Mental Health Flyer

**Summary:** DLC Wellness Institute is here to support the well-being of the young people in your life. We offer evidence based mental health workshops and trainings designed specifically for children, teens, families, and those that work with youth. Our engaging practical sessions help youth build resilience, strengthen emotional skills, and develop healthy coping strategies.

**Company:** David Lawrence Centers for Behavioral Health

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*These flyers are shared for informational purposes and do not represent District-sponsored or District-supervised events.  
Sharing these materials does not imply endorsement by Collier County Public Schools.  
The purpose of Community Flyers is to connect CCPS families with out-of-school-time community activities and opportunities.*

