DLC Wellness Institute
Empowering Youth

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.)

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
(Cell) 239-776-2490

WORKSHOP FORMATS

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

MADE POSSIBLE BY: NAPLES CHILDREN FOUNDATION

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

Flyer Summary

Title: Youth Mental Health Flyer

Summary: Free mental health trainings and workshops for students, families and all professionals who work with youth. Each workshop is curated to meet your unique needs. Reach out to get more information about ways we can help support youth in our community.

Company: David Lawrence Centers for Behavioral Health

Email: ashliea@dlcenters.org

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.

COLLIER COUNTY PUBLIC SCHOOLS
COMMUNITY FLYERS