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*About us:*

**M**onarch welcomes individuals and families suffering from addiction and/or mental health problems at any stage.. We are a Chicago-based wellness practice that offers specialized Outpatient Psychotherapy services to match the needs of those we serve.

Our dedicated and experienced staff are passionate about helping people improve their lives and as they learn to cope with everyday problems. We serve the whole person, because integrating the mind, the body and the community are essential in optimizing a person's quality of life.

*Revitalize your life by  
experiencing the sensation of  
Wellness*

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Call to Schedule a **FREE**  
Confidential Phone Assessment

**Phone: (833) 444-2883**

**Email: [info@monarchcc.com](mailto:info@monarchcc.com)**

**Web: [monarch  
counselingandconsulting.com](http://monarchcounselingandconsulting.com)**

Our offices's are located at 401 W.  
Ontario St. STE 150 in Chicago  
and 120 Main St. in Park Ridge, Il.  
*Access to Brown Line and Metra*



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**Monarch**  
Counseling & Consulting



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*Health and wellness are the greatest gift you can give yourself. Moving towards a lifestyle of wholeness, balance, and resilience is a worthwhile effort in establishing a future of peace. Celebrate your courage and commitment as you journey through the process of change.*

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## **CLINICAL INTERVENTIONS/TRANSPORT:**

An intervention is one of the most important parts of the recovery process because it activates the spirit of change. Monarch will help guide a family or loved one through the intervention process by providing education, support, empowerment, resources and most of all, HOPE. Our Interventionists are clinically trained and skilled in a variety of approaches that can fit the needs of any family.



## **INDIVIDUAL/COUPLES/GROUP PSYCHOTHERAPY:**

Therapy with Monarch aims to facilitate change and improve the quality of life for an individual or couple. Our strength-based process can help confront barriers that interfere with someone's emotional and mental well-being, which can increase positive feelings such as compassion, self-esteem, love, courage, and peace. Our therapists are expertly trained and have decades of clinical experience.



## **EXPERIENTIAL/ADVENTURE THERAPY**

Monarch will guide individuals, couples or groups through a therapeutic experience that uses adventure activities to translate recovery principles or daily life skills metaphorically. This type of Exposure Therapy draws raw emotion which allows a clinician to teach clients to troubleshoot options and cope with feelings in real-time. Put therapy into action and feel the sensation of recovery.



## **RECOVERY/LIFE COACHING**

Our approach in every modality is strength-based and solution-focused. We want our clients to move forward with their lives and developing hope and confidence in their future. Coaching can provide the right amount of structure and accountability to to only provide direction to someones life but also measured success can build ones spirit and purpose for life.

