
About us:

Monarch 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*

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

Phone: (833) 444-2883

Email: info@monarch-cc.com

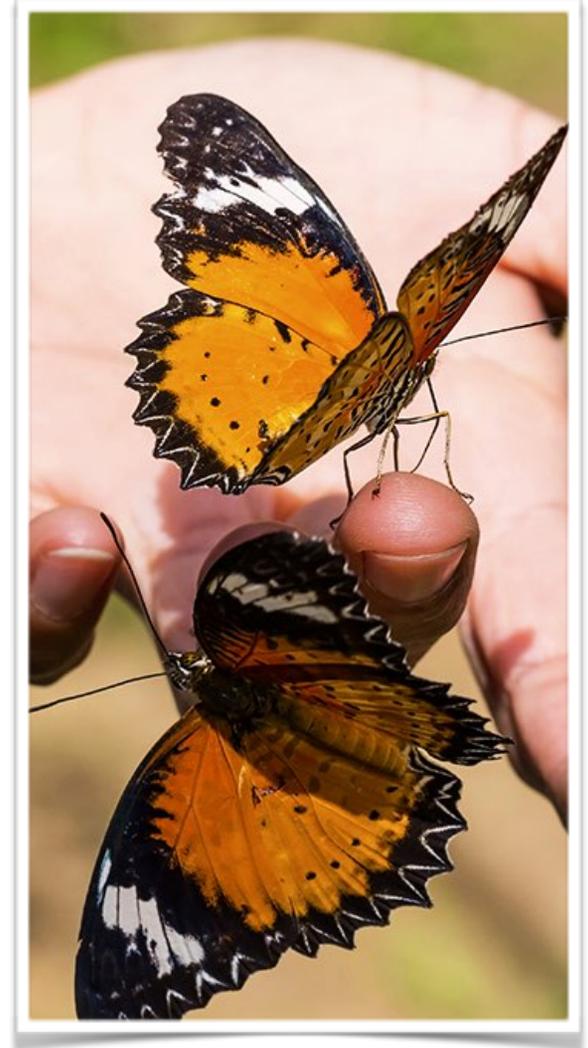
**Web: [monarch
counselingandconsulting.com](http://monarchcounselingandconsulting.com)**

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





Monarch
Counseling & Consulting



Patient Testimonies:

"I have zero complaints about this service. Every aspect of my family intervention was taken care of. My family could not have had a successful intervention without the dedicated help from Monarch!"

"Very professional approach. Detailed, accurate and straightforward assessment."

"It was nice not to be rushed to the end of our session. The counselors clearly have a passion to help others and work really hard to satisfy every need."

"Monarch staff helped save my life. I can't ever repay that, but all I can say is thank you!!"

"I had a family intervention and I was completely satisfied with this service! Staff was available to my family and me at all times, and the intervention could not have gone smoother. This service was invaluable to my family, and I would highly recommend these services!"

Our Services:

(Psychotherapy Sessions Covered Through Most United Health Care & Blue Cross & Blue Shield PPO Plans)

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.



PSYCHOTHERAPY:

INDIVIDUAL/COUPLES/GROUP/EMDR

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 in trauma-informed care 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 only provide direction to someone's life but also measured success can build one's spirit and purpose for life.

