



Rooted in Learning

SATURDAY, OCTOBER 17, 2026 | BOYNE CITY HIGH SCHOOL

Join us Saturday, October 17, for a day of practical learning, meaningful conversation, and caregiver connection. Explore classes led by local professionals, take part in small-group workshops, or spend time creating and connecting in our drop-in scrapbooking space. Topics focus on everyday family life—from understanding your child and navigating challenging behaviors to supporting mental wellness and building stronger relationships.

Choose the sessions that fit your interests and schedule, whether you join us for one or spend the day. All classes are at the Boyne City High School.

Classes

Learn practical ideas and tools from professionals on topics that matter to your family.

9:00-10:00 AM Mental Wellness & Suicide Prevention

Talk about difficult conversations, ways to help, and resources for support.

Presenter:
Lisa Clavier

10:00-11:00 AM Healthy Outcomes from Positive Experiences (HOPE)

Explore how everyday positive experiences and caring connections support families.

Presenter:
Lisa Clavier

11:30 AM-12:30 PM Understanding Your Child's Temperament

Understand your child's temperament and use that insight in everyday parenting.

Presenter:
Kate Essenberg

1:00-2:30 PM How to Be an Ask-able Trusted Adult

Become a caring adult young people feel comfortable approaching with questions.

Presenter:
Megan King

3:00-4:00 PM Rooted, Not Defined

Explore stress, adversity, and practical ways to build connection and resilience.

Presenter:
Tanisha N. Bolden

Workshops

Explore everyday challenges through guided conversation, shared experiences, and hands-on activities.

9:30AM Prioritizing Yourself and Your Relationships

Exchange realistic ideas for self-care, communication, and adult relationships.

Facilitator:
Kendra Miller

11:00 Screens in Real Life

Compare screen-time approaches and create one realistic family agreement.

Facilitator:
Kendra Miller

1:00pm Building Better Behavior

Compare challenging behavior experiences and work toward a practical next step.

Facilitator:
Rachel Markarewicz

2:00pm Creating Spaces That Support Us

Through open conversation and shared experiences, we'll identify everyday challenges in our homes and environments, explore simple, practical solutions.

Facilitator:
Lindsay Walter

All Day Craft Center

Have old photos hidden in boxes? Always wondered how to display them beautifully? Want to hang out and connect? Join Amy!

Wellness Activities

Different wellness activities offered throughout the day, offerings announced soon (think yoga and relaxation!!)

Visit our website for more details about classes and workshops!

rootsofresiliencemi.org



Rooted in Learning

Meet the Presenters & Facilitators

Classes and Workshops are open to all who are Interested In learning
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KATE ESSENBERG

SESSION

Understanding Your Child's Temperament

Kate Essenberg is a Northern Michigan family leader and the Director of Central Lake Early Opportunities (CLEO). With a background in public health education, she helps families and community partners build healthy, thriving environments for children. She is a certified trainer in the Strengthening Families Protective Factors Framework and a certified HOPE facilitator.



LISA CLAVIER

SESSIONS

Mental Wellness & Suicide Prevention

Healthy Outcomes from Positive Experiences (HOPE)

Lisa Clavier is a Northern Michigan advocate for family safety, suicide prevention, and community connection. She serves as founder and president of Kiersten's Ride, co-chairs the Charlevoix/Emmet County Suicide Prevention Coalition, and leads child abuse prevention and education efforts that help families learn, grow, and feel supported.



TANISHA BOLDEN

SESSIONS

Rooted, Not Defined: How Families Heal and Grow After Hard Times

Mrs. Tanisha N. Bolden is the CEO and Principal Consultant of Affinity Educational Strategies. With more than 20 years of experience in education, she partners with schools, agencies, and communities to create environments where every child feels seen, safe, and ready to learn. Her work is deeply rooted in trauma-informed practice, resilience, and prevention.



MEGAN KING

SESSIONS

How to Be an Askable Trusted Adult

Megan King is the Outreach and Advocacy Program Director for the Women's Resource Center of Northern Michigan. With a decade of work in outreach and violence prevention, she helps caring adults better understand the relationship and mental health needs of youth and become safe, trusted supports in their lives.



KENDRA MILLER

SESSIONS

Prioritizing Yourself & Your Relationships

Screens In Real Life

Kendra Miller is the founder of Roots of Resilience. With extensive experience working with families in many settings, she is passionate about creating meaningful opportunities for connection, education, and practical support. As a wife and mother of two, she brings both professional insight and personal understanding to this work.



RACHEL MAKAREWICZ

SESSIONS

Building Better Behavior

Rachel Markarewicz is Board Certified Behavior Analyst facilitating a supportive conversation to help caregivers navigate challenging behaviors with practical ideas, shared problem-solving, and honest connection. Her workshop offers a judgment-free space for parents to learn from one another and leave with strategies they can try at home.



LINDSAY WALTER

SESSIONS

Healthy Home & Intentional Living

Lindsay Walter is the founder of Mi Mobile Refillery and a wellness guide in Charlevoix, Michigan. For the past decade, she has supported others through guided meditation, sound baths, breathwork, and intuitive energy healing. Her interest in sustainability inspired a refill delivery service for household and personal care products. She encourages small, intentional choices for a healthier home and less waste.