



MENTAL HEALTH SERIES

EDUCATE • INFORM • EMPOWER

Virtual Events!

Our focus this month is

Each session is open to everyone.

Building Your Child's Confidence

Monday, April 28th

6:00 PM & 8:00 PM CT



Join any session this month!

Start Times: 6:00 PM / 8:00 PM CT

To Register for ANY topic - scan or go to:
<https://parentguidance.org/mhsindex>

MON	TUE	WED	THU
	1 ABCs of Substance Use & Vaping	2 Mindfulness for Improved Mental Health	3 Understanding Your LGBTQ+ Child
7 Tools to Support Your Child's Mental Health - Kickoff	8 Effects of Screen Time and Children's Mental Health	9 Emotional Regulation: Recognizing What's Wrong	10 Helping Your Child Succeed - Three Parenting Styles
14 Your Active Child: ADHD	15 Parenting through Anxiety & Depression	16 Emotional Regulation: Strategies to Replace Negative Emotions	17 Depression: You're Not Alone
21 School Avoidance	22 Talking with Your Child About Pornography	23 Understanding Loneliness in Children	24 Supporting Your Child After Trauma
28 Building Your Child's Confidence <i>Watch With Us!</i> 6:00 pm CT 8:00 pm CT	29 Navigating Divorce When Children are Involved	30 Recognizing Child Abuse	Ask A Therapist LIVE 7:00 PM CT https://cookcenter.info/ATLApr16

Or register at
<https://parentguidance.org/mhsindex>

For registration support, contact:
info@cookcenter.org