

Virtual Events!

MENTAL HEALTH SERIES

MAY



EDUCATE • INFORM • EMPOWER

Our focus this month is

Each session is open to everyone.

Join any session this month!

Social Media: Protecting Your Child

Tuesday, May 13th

6:00 PM & 8:00 PM CT



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 | |
|---|--|--|--|---|--|--|--|
|  Arlington <small>INDEPENDENT SCHOOL DISTRICT</small> <i>More Than a Remarkable Education</i> | | Ask A Therapist LIVE <u>7:00 PM CT</u> https://cookcenter.info/ATLMay7 | | | | 1 Bullying - Stop the Cycle | |
| 5 Emotional Regulation: Interrupting Negative Emotions | | 6 Your Child's Anxiety | | 7 Understanding Video Game Addiction | | 8 Understanding Eating Disorders | |
| 12 Emotional Regulation: Strategies to Replace Negative Emotions | | 13 <i>Watch With Us!</i> <u>6:00 pm CT</u> <u>8:00 pm CT</u> Social Media: Protecting Your Child | | 14 Mindfulness for Improved Mental Health | | 15 What Parents Need to Know About Suicide Prevention | |
| 19 De-escalating Cycles of Conflict | | 20 Establishing Healthy Boundaries | | 21 Why Our Children Self-Harm | | 22 Grief: The Healing Process After Loss | |
| 26 | | 27 Effects of Screen Time and Children's Mental Health | | 28 Helping Your Child Succeed - Three Parenting Styles | | 29 How to Motivate Your Child | |

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

For registration support, contact:
info@cookcenter.org