

Parent

MENTAL HEALTH SUPPORT

Arlington ISD has partnered with Cook Center for Human Connection to **support parents and caregivers** by providing resources to help address children's emotional, social, and mental health challenges. These expert-informed materials help improve communication, build healthy relationships, recognize signs of emotional distress, and promote overall well-being.

EASY TO JOIN

- ✦ **Free** to Arlington ISD families
- ✦ Attendance is anonymous.
- ✦ Sign up for a topic that interests you and join the discussion via Zoom.
- ✦ Two time options are available to select from.
- ✦ Monthly *Ask a Therapist* sessions
- ✦ Some topics are available in Spanish.

DISCOVER & REGISTER

MORE INFO >>



Family and Community Engagement