

Virtual Events!

MENTAL HEALTH SERIES

DECEMBER

EDUCATE • INFORM • EMPOWER



Our focus this month is

Each session is open to everyone.

Join any session this month!

Grief: The Healing Process After Loss

Tuesday, December 10th

6:00 pm & 8:00 pm CT



To Register - scan or go to:

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

<https://parentguidance.org/mhsindex>

MON	TUE	WED	THU
2 Navigating Divorce When Children Are Involved	3 Body Image - Loving the Skin You're In	4 Emotional Regulation: Recognizing What's Wrong	5 Your Child's Anxiety
9 Establishing Healthy Boundaries	10 <i>Watch With Us!</i> <u>6:00 pm CT</u> <u>8:00 pm CT</u> Grief: The Healing Process After Loss	11 Building Your Child's Confidence	12 Depression: You're Not Alone
16 Understanding Eating Disorders	17 Compassionate Parenting & Self-Compassion	18 What Parents Need to Know About Suicide Prevention	19 Social Media: Protecting Your Child
23	24	25	



Arlington
INDEPENDENT SCHOOL DISTRICT
More Than a Remarkable Education

Or register at

<https://parentguidance.org/mhsindex>

For registration support, contact:
info@cookcenter.org

December 11, 2024
Ask A Therapist LIVE
5:00 PM PT /
7:00 PM CT