

**MARCH**

# MENTAL HEALTH SERIES

**EDUCATE • INFORM • EMPOWER**



*Virtual Events!*

Our focus this month is  
Each session is open to everyone.

**Why Our Children  
Self-Harm**

**Monday, March 10th**

**6:00 pm & 8:00 pm CT**



Join any session this month!

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

**Start Times: 6:00 pm & 8:00 pm CT**

MON	TUE	WED	THU
3 Emotional Regulation: Interrupting Negative Emotions	4 Your Child's Anxiety	5 Body Image - Loving the Skin You're In	6 Understanding Video Game Addiction
10 <i>Watch With Us!</i> 6:00 pm CT 8:00 pm CT Why Our Children Self-Harm	11 ABCs of Substance Use & Vaping	12 Parenting through Anxiety & Depression	13 De-escalating Cycles of Conflict
17 Compassionate Parenting & Self-Compassion	18 Grief: The Healing Process After Loss	19 Everyday Happiness	20 What Parents Need to Know About Suicide Prevention
24 Bullying - Stop the Cycle	25 Building Your Child's Confidence	26 Emotional Regulation: Recognizing What's Wrong	27 How to Motivate Your Child
31 Navigating Divorce When Children are Involved	<p>Or register at <a href="https://parentguidance.org/mhsindex">https://parentguidance.org/mhsindex</a></p> <p>For registration support, contact: <a href="mailto:info@cookcenter.org">info@cookcenter.org</a></p> <p><b>Ask A Therapist LIVE</b> Wednesday, March 12th 7:00 PM CT</p> <p><a href="https://cookcenter.info/ATLMar12">https://cookcenter.info/ATLMar12</a></p>		