

Virtual Events!

# MENTAL HEALTH SERIES

## JANUARY

EDUCATE • INFORM • EMPOWER



Our focus this month is

Each session is open to everyone.

Join any session this month!



**Tools to Support Your Child's Mental Health - Kickoff**

**Monday, January 6th**

**6:00 pm CT & 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
<p><i>Watch With Us!</i></p> <p><b>6</b> <u>6:00 pm CT</u> <u>8:00 pm CT</u></p> <p><b>Tools to Support Your Child's Mental Health - Kickoff</b></p>	<p><b>7</b></p> <p><b>Your Active Child: ADHD</b></p>	<p><b>8</b></p> <p><b>Bullying - Stop the Cycle</b></p>	<p><b>9</b></p> <p><b>Everyday Happiness</b></p>
<p><b>13</b></p> <p><b>Parenting through Anxiety &amp; Depression</b></p>	<p><b>14</b></p> <p><b>What Parents Need to Know About Suicide Prevention</b></p>	<p><b>15</b></p> <p><b>Understanding Video Game Addiction</b></p>	<p><b>16</b></p> <p><b>Mindfulness for Improved Mental Health</b></p>
<p><b>20</b></p>	<p><b>21</b></p> <p><b>De-escalating Cycles of Conflict</b></p>	<p><b>22</b></p> <p><b>School Avoidance</b></p>	<p><b>23</b></p> <p><b>Depression: You're Not Alone</b></p>
<p><b>27</b></p> <p><b>Understanding Your LGBTQ+ Child</b></p>	<p><b>28</b></p> <p><b>Grief: The Healing Process After Loss</b></p>	<p><b>29</b></p> <p><b>Why Our Children Self-Harm</b></p>	<p><b>30</b></p> <p><b>Helping Your Child Succeed - Three Parenting Styles</b></p>



Or register at <https://parentguidance.org/mhsindex>  
For registration support, contact: [info@cookcenter.org](mailto:info@cookcenter.org)

**January 15, 2025**  
**Ask A Therapist LIVE**  
**7:00 PM CT**

<https://cookcenter.info/ATLJan15>