

MENTAL HEALTH SERIES

Educate. Inform. Empower.

START TIMES

5:00pm and 7:00pm MT

Explore this month's virtual sessions covering today's most important parenting topics. Join as many as you'd like!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		1 School Avoidance	2 Building Your Child's Confidence
6 Tools to Support Your Child's Mental Health	7 Parenting Through Anxiety & Depression	8 Emotional Regulation: Recognizing What's Wrong 	9 Your Active Child: ADHD
13 ABCs of Substance Use & Vaping	14 Depression: You're Not Alone	15 Emotional Regulation: Interrupting Negative Emotions	16 Mindfulness for Improved Mental Health
20 Compassionate Parenting & Self-Compassion	21 Navigating Divorce When Children Are Involved 	22 Supporting Your Child After Trauma	23 Emotional Regulation: Strategies to Replace Negative Emotions
27 Talking with Your Child About Pornography	28 Supporting Your LGBTQ+ Child	29 Recognizing Child Abuse	30 Helping Your Child Succeed: Three Parenting Styles



ASK A THERAPIST LIVE

April 21 @ 6pm • Register at cookcenter.info/ATLApr21



WATCH TOGETHER SERIES

April 8 @ 6pm • Register @ cookcenter.info/WTPApril



DISCOVER THE MENTAL HEALTH SERIES. SCAN OR VISIT

parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org