

Intradistrict Communication

DATE: December 4, 2025

TO: All School Administrators

FROM: Michael Anderson, Associate Superintendent
Travis Hamblin, Director of Student Services
McKinley Withers, Health and Wellness

SUBJECT: **FREE** Mental Health Education for Parents and Caregivers

Jordan District has partnered with the Cook Center for Human Connection to provide ongoing mental health education for parents and caregivers. This collaboration offers FREE access to live, virtual educational sessions covering various topics. **Please share the following resources with your school community:**

- A calendar for **December's Mental Health Series** sessions is attached. Sessions are offered in both [English](#) and [Spanish](#). Previously recorded seminars can be accessed through a comprehensive library of sessions and resources for each topic. You can access the library of recorded sessions at any time by visiting this site: <https://parentguidance.org/mhsindex>.
- [Ask a Therapist live virtual event](#). This is an anonymous opportunity to ask questions from a licensed family therapist about your child's mental health. It is a live event on **December 9th at 6 pm** with access to the recording afterwards. Some common parent questions can also be viewed on the Parent Guidance website: <https://parentguidance.org/ask-a-therapist/>
 - Registration Link: <https://cookcenter.info/ATLDec9>

Please share the attached flyers/resources with your school communities. Should you have any questions please reach out to Angie Rasmussen at angie.rasmussen@jordandistrict.org.