

# Intradistrict Communication

DATE: April 30, 2026

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

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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 **May'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](#) is an anonymous opportunity to ask questions from a licensed family therapist about your child's mental health. It is a live event on **Tuesday, May 12, 2026** with access to the recording afterwards. Registration Link: <https://cookcenter.info/ATLMay12>
- Included in the mental health series is a "**Watch Together Series**" to highlight for families. While the Mental Health Series is designed for parents, these "Watch Together" events are for the whole family, especially teens and young adults. In this series, each month, you'll meet a new animated character facing real challenges that teens and young adults experience. Together, you and your family can watch their story and learn how to start meaningful conversations at home.
  - **May Event: Abuse Survivor - Emily**  
Together, teens and parents will watch an animated story about Emily. Emily is living in an abusive home and stays silent to protect her mom. This session explores the fear, guilt, and shame that often accompany abuse—and how healing begins when someone feels safe enough to speak. Families will learn how to recognize subtle signs of abuse or trauma, how to create trust with teens who may be hiding pain. In this interactive session, parents and teens will see the difference between "fixing" and "listening," and how to identify safe adults who can help. **Wednesday, May 13th** at 6:00 pm - 7:00 pm MST [REGISTER NOW](#)

**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](mailto:angie.rasmussen@jordandistrict.org).