

Intradistrict Communication

DATE: January 8, 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

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 **January'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 January 27, 2025** with access to the recording afterwards. Registration Link: <https://cookcenter.info/ATLJan27>
- 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.
 - **January Event:** Together teens and parents will watch the animated story about Dante. Dante feels pressure to fulfill his father's expectations. This session highlights identity struggles, especially for LGBTQ+ youth, and the emotional toll of being misunderstood or unsupported. Through Dante's journey, families will learn the importance of validation, how to practice listening without judgment, and how adult mentors outside the home can provide life-changing support. In this interactive session parents and teens will talk through how to encourage empathy and emotional regulation.
 - Wednesday, January 14 @ 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.