

# Intradistrict Communication

DATE: September 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 **September'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 **Sept. 23rd at 6 pm** with access to the recording afterwards. Registration Link: <https://cookcenter.info/ATLSept23>
- Included in the mental health series this September 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.
  - **First Event:** Meet Amie from My Life is Worth Living. Amie is a bright, ambitious student who worked hard in school. But beneath the surface, she struggled with feelings of guilt and shame that led to a suicide attempt. Her journey shows how hope, support, and honest conversations can help teens find their way forward.
  - Wednesday, September 10 | 6pm MT [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).