

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
5 Your Active Child: ADHD	6 Bullying: Stop the Cycle	7 Tools to Support Your Child's Mental Health	8 Understanding Loneliness in Children
12 Parenting Through Anxiety & Depression	13 Building Your Child's Confidence	14 Understanding Video Game Addiction	15 Everyday Happiness
19	20 Mindfulness for Improved Mental Health	21 School Avoidance	22 Depression: You're Not Alone
26 Emotional Regulation: Strategies to Replace Negative Emotions	27 Supporting Your LGBTQ+ Child	28 What Parents Need to Know about Suicide Prevention	29 Establishing Healthy Boundaries



ASK A THERAPIST LIVE

Jan. 27 @ 6pm • Register at cookcenter.info/ATLJan27



WATCH TOGETHER SERIES

Jan. 14 @ 6pm • Register at cookcenter.info/WTPJanuary



**DISCOVER THE MENTAL HEALTH
SERIES. SCAN OR VISIT**
parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org