

# Ask A **THERAPIST** *Live*

How to Support your Kids' Mental Health



**March 24**

8 pm Eastern  
7 pm Central  
6 pm Mountain  
5 pm Pacific

Scan or Visit [cookcenter.info/ATLMar24](https://cookcenter.info/ATLMar24)

Don't miss the opportunity to ask questions from a licensed family therapist about your child's mental health.

**Ask a therapist** questions about youth mental health or parenting

**Participation is anonymous**

Register for the **live event** to get access to the replay

## **Answers from Dr. Kevin Skinner**

Clinical Director and Co-Founder of Noble Health and ParentGuidance.org, Dr. Skinner is the author of several books on family relationships.

His methods are based on his own research stemming from more than 250,000 assessments and over 28 years experience. He is the father of eight children.

