

# 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
2 Parenting Through Anxiety & Depression	3 Effects of Screen Time and Children's Mental Health	4 Building Your Child's Confidence	5 Emotional Regulation: Recognizing What's Wrong
9 Bullying: Stop the Cycle	10 Social Media: Protecting Your Child	11 Emotional Regulation: Interrupting Negative Emotions 	12 What Parents Need to Know About Suicide Prevention
16 Understanding Video Game Addiction	17 Navigating Divorce When Children Are Involved	18 Grief: The Healing Process after Loss	19 Everyday Happiness
23 ABCs of Substance Abuse & Vaping	24 Body Positivity: Nurturing Self-Image 	25 Understanding Loneliness in Children	26 ABCs of Substance Use & Vaping
30 Why Our Children Self-Harm	31 Parenting Through Anxiety & Depression		



**ASK A THERAPIST LIVE**

Mar. 24 @ 6pm • Register at [cookcenter.info/ATLMar24](https://cookcenter.info/ATLMar24)



**WATCH TOGETHER SERIES**

Mar. 11 @ 6pm • Register @ [cookcenter.info/WTPMarch](https://cookcenter.info/WTPMarch)



**DISCOVER THE MENTAL HEALTH SERIES. SCAN OR VISIT**

[parentguidance.org/mhs-catalog/](https://parentguidance.org/mhs-catalog/)

For support, contact: [info@cookcenter.org](mailto:info@cookcenter.org)

# SERIE DE SALUD MENTAL

EDUCAR. INFORMAR. CAPACITAR.

## HORAS DE INICIO

5:00pm y 7:00pm MT

Explore las sesiones virtuales de este mes que cubren los temas de crianza más importantes de la actualidad. ¡Participe en todas las sesiones que desee!

### **Lunes 2 de Marzo:**

Ayudar a sus hijos a tener éxito

### **Miércoles 4 de Marzo:**

Desarrollar la confianza de su hijo

### **Martes 10 de Marzo:**

Cómo motivar a su hijo

### **Miércoles 18 de Marzo:**

Duelo—El proceso de Sanación

### **Jueves 26 de Marzo:**

Uso de Substancias & Vapeo



**DESCUBRA LAS SERIES DE SALUD  
MENTAL. ESCANEE O VISITE**

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