

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
3 Effects of Screen Time and Children's Mental Health	4 Building Your Child's Confidence	5 Emotional Regulation: Recognizing What's Wrong	6 Bullying- Stop the Cycle
10 School Avoidance	11  Tools to Support Your Child's Mental Health - Kickoff	12  Grief: The Healing Process after Loss	13 What Parents Need to Know about Suicide Prevention
17 Emotional Regulation (Part 2): Interrupting Negative Emotions	18 Emotional Regulation (Part 3): Strategies to Replace Negative Emotions	19 Depression: You're Not Alone	20 Talking with Your Child about Pornography
24 Understanding Eating Disorders	25 Your Active Child: ADHD	26	27



ASK A THERAPIST LIVE

Nov. 11, 6pm • Register @ cookcenter.info/ATLNov11



WATCH TOGETHER SERIES

Nov. 12, 6pm • Register @ cookcenter.info/WTPNovember



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

For support, contact: info@cookcenter.org

Instructions: Adding Your Logo

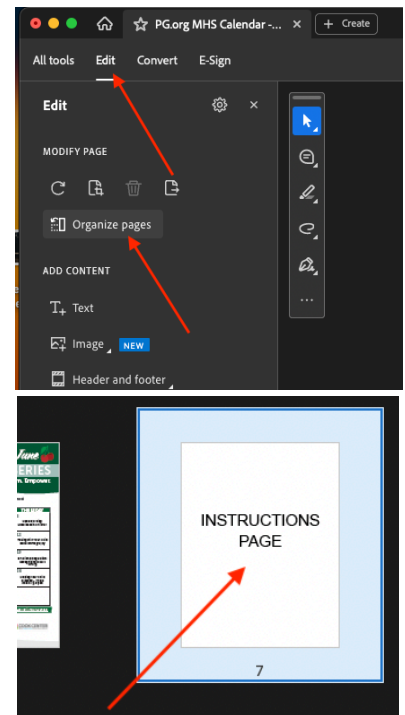
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1. Click on the **Image Icon** in the bottom right corner
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4. You will see a preview of your selected logo
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6. Repeat steps to change logo, if needed



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