

MENTAL HEALTH SERIES

Educate. Inform. Empower.

START TIMES

6:00pm and 8:00pm CT

Explore this month's virtual sessions covering today's most important parenting topics. Join as many as you'd like!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
4 Tools to Support Your Child's Mental Health - Kickoff	5 Bullying - Stop the Cycle	6 Everyday Happiness	7 Understanding Loneliness in Children
11 Helping Your Child Succeed – Three Parenting Styles	12  Your Child's Anxiety	13 Why Our Children Self-Harm	14 Recognizing Child Abuse
18 Establishing Healthy Boundaries	19 Understanding Eating Disorders	20 Social Media: Protecting Your Child	21 Compassionate Parenting & Self-Compassion
25 What Parents Need to Know about Suicide Prevention	26 Grief: The Healing Process after Loss	27 Emotional Regulation: Interrupting Negative Emotions	28 Building Your Child's Confidence



ASK A THERAPIST LIVE

• Aug. 12 @ 7:00pm • Register at cookcenter.info/ATLAug12



DISCOVER THE MENTAL HEALTH SERIES. SCAN OR VISIT

parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org

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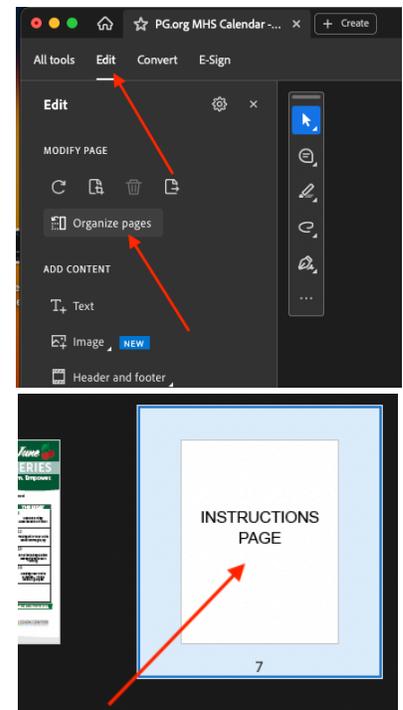
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1. Click on the **Image Icon** in the bottom right corner
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3. From your computer files, **find the logo** you want to use and **double click**
4. You will see a preview of your selected logo
5. Click **Ok** to insert the image
6. Repeat steps to change logo, if needed



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5. Click **OK** to confirm
6. Click the **back arrow** to back out of Organize pages



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