

# 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
	1 Navigating Divorce When Children are Involved	2 How to Motivate Your Child	3
7 Emotional Regulation: Recognizing What's Wrong	8 Emotional Regulation: Interrupting Negative Emotions	9 ABCs of Substance Use & Vaping	10 Everyday Happiness
14 What Parents Need to Know about Suicide Prevention	15 Building Your Child's Confidence 	16 Supporting Your Child After Trauma	17 Establishing Healthy Boundaries
21 Recognizing Child Abuse	22 Social Media: Protecting Your Child	23 Why Our Children Self-Harm	24 Compassionate Parenting & Self-Compassion
28 De-escalating Cycles of Conflict	29 Understanding Video Game Addiction	30 Your Active Child: ADHD	31 Your Child's Anxiety



**ASK A THERAPIST LIVE**

• July 15 @ 7:00pm • Register at [cookcenter.info/ATLJuly15](https://cookcenter.info/ATLJuly15)



**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)

# Instructions: Adding Your Logo

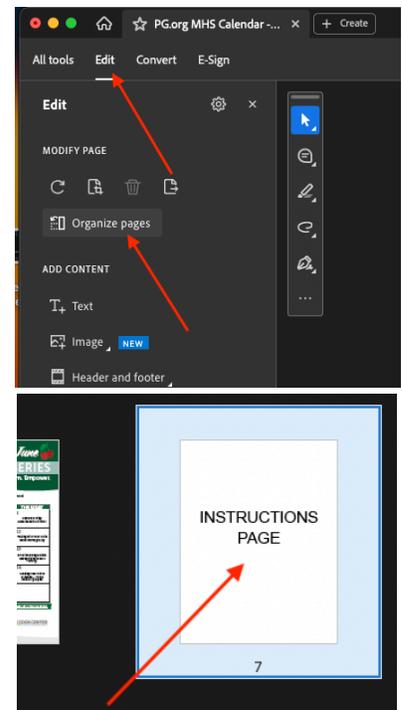
## Add Your Logo in Adobe Acrobat

1. Click on the **Image Icon** in the bottom right corner
2. In the Select Image popup, click **Browse...**
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



## BE SURE to DELETE this Instruction Page!

1. Click **Edit** in the top left toolbar
2. Click **Organize pages**
3. Click to select the **Instructions Page**
4. Tap **Delete** on your keyboard or click the **Trash Icon**
5. Click **OK** to confirm
6. Click the **back arrow** to back out of Organize pages



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1. Click File
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