

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



**ASK A THERAPIST LIVE**

Nov. 11, 7pm • Register @ [cookcenter.info/ATLNov11](https://cookcenter.info/ATLNov11)



**WATCH TOGETHER SERIES**

Nov. 12, 7pm • Register @ [cookcenter.info/WTPNovember](https://cookcenter.info/WTPNovember)



**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

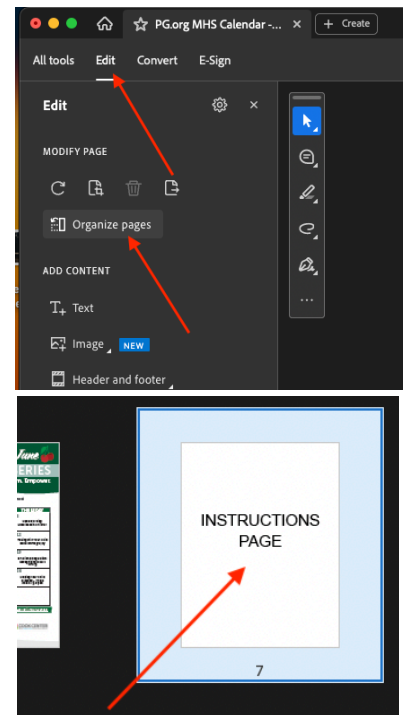
## Add Your Logo in Adobe Acrobat

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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2. Click Save

