

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 Supporting Your Child After Trauma	2 Emotional Regulation: Recognizing What's Wrong
6 Tools to Support Your Child's Mental Health - Kickoff	7 Parenting through Anxiety & Depression	8 Bullying- Stop the Cycle	9 Emotional Regulation (Part 2): Interrupting Negative Emotions
13	14 De-escalating Cycles of Conflict	15 Navigating Divorce When Children are Involved	16 Everyday Happiness
20 ABCs of Substance Use & Vaping	21 Mindfulness for Improved Mental Health	22 Helping Your Child Succeed – Three Parenting Styles	23 Understanding Loneliness in Children
27 Your Child's Anxiety	28 Supporting Your LGBTQ+ Child	29 Understanding Video Game Addiction	30 School Avoidance



ASK A THERAPIST LIVE

Oct. 21, 7pm • Register @ cookcenter.info/ATLOct21



WATCH TOGETHER SERIES

Oct. 8, 7pm • Register @ cookcenter.info/WTPOctober



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

parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org

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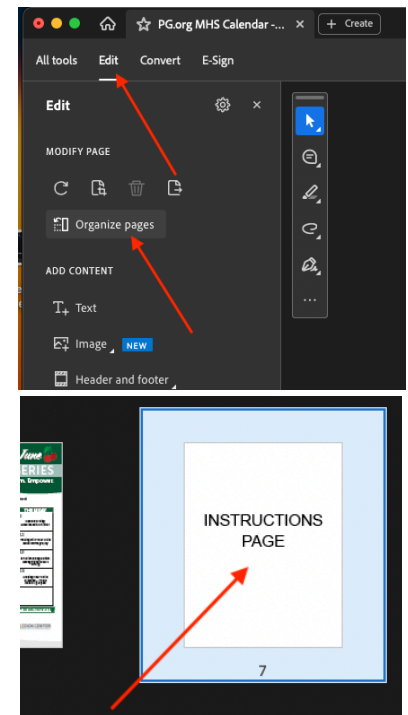
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1. Click on the **Image Icon** in the bottom right corner
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