

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	2 Bullying: Stop the Cycle	3 Body Image: Loving the Skin You're In	4 Emotional Regulation: Recognizing What's Wrong
8 Tools to Support Your Child's Mental Health - Kickoff	9 Your Child's Anxiety	10 What Parents Need to Know about Suicide Prevention	11 How to Motivate Your Child
15 School Avoidance	16 ABCs of Substance Use & Vaping	17 Parenting through Anxiety & Depression	18 Social Media: Protecting Your Child
22 Establishing Healthy Boundaries	23 Everyday Happiness 	24 Compassionate Parenting & Self-Compassion	25 Building Your Child's Confidence
29 Your Active Child: ADHD	30 Effects of Screen Time and Children's Mental Health		



ASK A THERAPIST LIVE • Sept. 23 @ 7:00pm • Register at cookcenter.info/ATLSept23



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

For support, contact: info@cookcenter.org

Instructions: Adding Your Logo

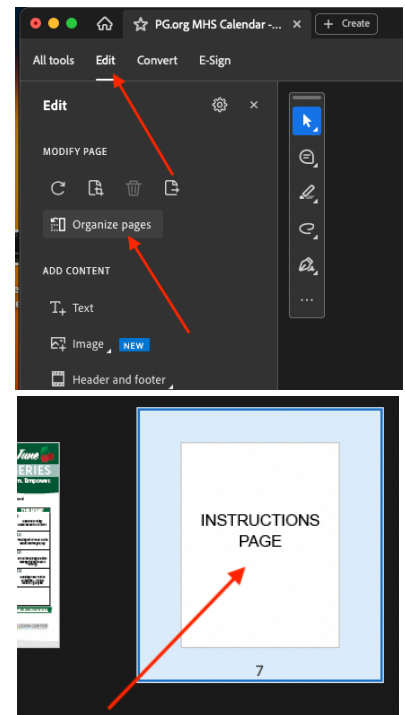
Add Your Logo in Adobe Acrobat

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



BE SURE to SAVE the file before closing it

1. Click File
2. Click Save

