ParentGuidance.org

MENTAL HEALTH SERIES

NOVEMBER 2026

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

START TIMES: 5:00pm and 7:00pm MT

Mon. 2: Depression - You're Not Alone

Tue. 3: Your Active Child: ADHD

Wed. 4: NEW Facing the Opioid Crisis Together

Thurs. 5: Grief - The Healing Process After Loss

Mon. 9: Tools to Support Your Child's Mental Health

Tue. 10: Parenting Through Anxiety and Depression

Wed. 11: Watch Together Series @ 6pm

Thurs. 12: What Parents Need to Know about Suicide Prevention

Mon. 16: Building Your Child's Confidence

Tue. 17: NEW - Milestones to Progress: Supporting Early Childhood

Tue. 17: Ask a Therapist Live @ 6pm

Wed. 18: Why Our Children Self-Harm & How Parents Can Help

Thurs. 19: How to Motivate Your Child

Mon. 23: Navigating Divorce When Children are Involved

Tue. 24: Children & Technology Addiction

Mon. 30: Emotional Regulation - Strategies to Replace Negative Emotions

Register for events and explore on-demand videos, quick facts, practical tips, and articles at ParentGuidance.org/MHS-Catalog/