

# MENTAL HEALTH SERIES

Educate. Inform. Empower.

## START TIMES

7:00pm and 9:00pm ET

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 School Avoidance	2 Building Your Child's Confidence
6 Tools to Support Your Child's Mental Health	7 Parenting Through Anxiety & Depression	8 Emotional Regulation: Recognizing What's Wrong 	9 Your Active Child: ADHD
13 ABCs of Substance Use & Vaping	14 Depression: You're Not Alone	15 Emotional Regulation: Interrupting Negative Emotions	16 Mindfulness for Improved Mental Health
20 Compassionate Parenting & Self-Compassion	21 Navigating Divorce When Children Are Involved 	22 Supporting Your Child After Trauma	23 Emotional Regulation: Strategies to Replace Negative Emotions
27 Talking with Your Child About Pornography	28 Supporting Your LGBTQ+ Child	29 Recognizing Child Abuse	30 Helping Your Child Succeed: Three Parenting Styles



**ASK A THERAPIST LIVE**

April 21 @ 8pm • Register at [cookcenter.info/ATLApr21](https://cookcenter.info/ATLApr21)



**WATCH TOGETHER SERIES**

April 8 @ 8pm • Register @ [cookcenter.info/WTPApril](https://cookcenter.info/WTPApril)



**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)