



# 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 Effects of Screen Time & Your Child's Mental Health	2 Tools to Support Your Child's Mental Health	3 Building Your Child's Confidence	4 Emotional Regulation: Recognizing What's Wrong
8 Parenting Through Anxiety & Depression	9 How to Motivate Your Child	10 Your Active Child: ADHD	11 Social Media: Protecting Your Child
15 Grief - The Healing Process After Loss	16 Body Positivity: Nurturing Self-Image	17 Helping Your Child Succeed - Three Parenting Styles	18 Supporting Your Child After Trauma
22 Talking with Your Child about Pornography	23 Supporting Your LGBTQ+ Child	24 Understanding Loneliness in Children	25 ABCs of Substance Use & Vaping
29 Depression - You're Not Alone	30 Emotional Regulation: Strategies to Replace Negative Emotions		

**ASK A THERAPIST LIVE** June 9 @ 8pm • Register at [cookcenter.info/ATLJune9](https://cookcenter.info/ATLJune9)

**WATCH TOGETHER SERIES** June 17 @ 8pm • Register @ [cookcenter.info/WTPJune](https://cookcenter.info/WTPJune)



**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)