

# 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
2 Effects of Screen Time and Children's Mental Health	3 Emotional Regulation: Recognizing What's Wrong	4 Tools to Support Your Child's Mental Health	5 How to Motivate Your Child
9 School Avoidance	10 What Parents Need to Know About Suicide Prevention	11  Navigating Divorce When Children Are Involved	12 Establishing Healthy Boundaries
16	17  Compassionate Parenting & Self-Compassion	18 Helping Your Child Succeed: Three Parenting Styles	19 Talking with Your Child About Pornography
23 Understanding Eating Disorders	24 Recognizing Child Abuse	25 De-escalating Cycles of Conflict	26 Social Media: Protecting Your Child



**ASK A THERAPIST LIVE**

Feb. 17 @ 8pm • Register at [cookcenter.info/ATLFeb17](https://cookcenter.info/ATLFeb17)



**WATCH TOGETHER SERIES**

Feb. 11 @ 8pm • Register @ [cookcenter.info/WTPFebruary](https://cookcenter.info/WTPFebruary)



**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)