

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 Your Child's Anxiety | 3 Effects of Screen Time and Children's Mental Health | 4 Building Your Child's Confidence | 5 Emotional Regulation: Recognizing What's Wrong |
| 9 Bullying: Stop the Cycle | 10 Social Media: Protecting Your Child | 11 Emotional Regulation: Interrupting Negative Emotions  | 12 What Parents Need to Know About Suicide Prevention |
| 16 Understanding Video Game Addiction | 17 Navigating Divorce When Children Are Involved | 18 Grief: The Healing Process after Loss | 19 Everyday Happiness |
| 23 De-escalating Cycles of Conflict | 24 Body Positivity: Nurturing Self-Image  | 25 Understanding Loneliness in Children | 26 ABCs of Substance Use & Vaping |
| 30 Why Our Children Self-Harm | 31 Parenting Through Anxiety & Depression | | |



ASK A THERAPIST LIVE

Mar. 24 @ 8pm • Register at cookcenter.info/ATLMar24



WATCH TOGETHER SERIES

Mar. 11 @ 8pm • Register @ cookcenter.info/WTPMarch



DISCOVER THE MENTAL HEALTH SERIES. SCAN OR VISIT

parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org