

# OCTOBER



## MENTAL HEALTH SERIES

**EDUCATE • INFORM • EMPOWER**

*Virtual Events!*



Our focus this month is

Each session is open to everyone.

Join any session this month!

**ABCs of Substance Use & Vaping**

**Tuesday, October 22nd**

**7:00 pm & 9:00 pm ET**



To Register - scan or go to:

<https://parentguidance.org/mhsindex>

**Start Times: 7:00 pm / 9:00 pm ET**

MON	TUE	WED	THU
	<b>1</b> Tools to Support Your Child's Mental Health - Kickoff	<b>2</b> Helping Your Child Succeed - Three Parenting Styles	<b>3</b> Emotional Regulation: Recognizing What's Wrong
<b>7</b> Bullying - Stop the Cycle	<b>8</b> Establishing Healthy Boundaries	<b>9</b> Parenting through Anxiety & Depression	<b>10</b> Understanding Loneliness in Children
<b>14</b> How to Motivate Your Child	<b>15</b> Social Media: Protecting Your Child	<b>16</b> Understanding Your LGBTQ+ Child	<b>17</b> Navigating Divorce When Children are Involved
<b>21</b> Emotional Regulation: Interrupting Negative Emotions	<b>22</b> ABCs of Substance Use & Vaping <i>Watch With Us!</i> <u>7:00 pm ET</u> <u>9:00 pm ET</u>	<b>23</b> Building Your Child's Confidence	<b>24</b> Supporting Your Child After Trauma
<b>28</b> Emotional Regulation: Strategies to Replace Negative Emotions	<b>29</b> Mindfulness for Improved Mental Health	<b>30</b> Why Our Children Self-Harm	<b>October 23, 2024</b> <b>Ask A Therapist LIVE</b> <u>6:00 PM MST /</u> <u>8:00 PM EST</u>

Or register at  
<https://parentguidance.org/mhsindex>

For registration support, contact:  
[info@cookcenter.org](mailto:info@cookcenter.org)