

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
4 Tools to Support Your Child's Mental Health - Kickoff	5 Bullying - Stop the Cycle	6 Everyday Happiness	7 Understanding Loneliness in Children
11 Helping Your Child Succeed – Three Parenting Styles	12  Your Child's Anxiety	13 Why Our Children Self-Harm	14 Recognizing Child Abuse
18 Establishing Healthy Boundaries	19 Understanding Eating Disorders	20 Social Media: Protecting Your Child	21 Compassionate Parenting & Self-Compassion
25 What Parents Need to Know about Suicide Prevention	26 Grief: The Healing Process after Loss	27 Emotional Regulation: Interrupting Negative Emotions	28 Building Your Child's Confidence



ASK A THERAPIST LIVE • Aug. 12 @ 8:00pm • Register at cookcenter.info/ATLAug12



**DISCOVER THE MENTAL HEALTH
SERIES. SCAN OR VISIT**
parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org