

# 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
	<b>1</b> Navigating Divorce When Children are Involved	<b>2</b> How to Motivate Your Child	<b>3</b>
<b>7</b> Emotional Regulation: Recognizing What's Wrong	<b>8</b> Emotional Regulation: Interrupting Negative Emotions	<b>9</b> ABCs of Substance Use & Vaping	<b>10</b> Everyday Happiness
<b>14</b> What Parents Need to Know about Suicide Prevention	<b>15</b> Building Your Child's Confidence 	<b>16</b> Supporting Your Child After Trauma	<b>17</b> Establishing Healthy Boundaries
<b>21</b> Recognizing Child Abuse	<b>22</b> Social Media: Protecting Your Child	<b>23</b> Why Our Children Self-Harm	<b>24</b> Compassionate Parenting & Self-Compassion
<b>28</b> De-escalating Cycles of Conflict	<b>29</b> Understanding Video Game Addiction	<b>30</b> Your Active Child: ADHD	<b>31</b> Your Child's Anxiety



**ASK A THERAPIST LIVE**

• July 15 @ 8:00pm • Register at [cookcenter.info/ATLJuly15](https://cookcenter.info/ATLJuly15)



**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)