

PARENT GUIDANCE

MENTAL HEALTH SERIES



In response to parent concerns about student health and well-being, North Shore School District is partnering with ParentGuidance.org to deliver presentations developed by licensed therapists. This series will be virtual, interactive, and is designed to help parents and caregivers support students. Registration, attendance and interactions are kept totally anonymous from other viewers.

To Register Early...

Scan the QR code or click the link

MON. SEPT. 18 6:30-7:30 PM

"Supporting Your Child's Mental Health — Kickoff"

<http://cookcenter.info/Sep18NSD>



español

LUN. SEP. 18 6:30-7:30 PM

"Como Apoyar la Salud Mental de Su Hijo — Inicio"

<http://cookcenter.info/Sep18NSDSp>



THURS. OCT. 5 11:00 AM-12:00 PM

"Bullying — Stop the Cycle"

<https://cookcenter.info/Oct5NSD>



THURS. OCT. 26 6:30-7:30 PM

"ABCs of Substance Use & Vaping"

<https://cookcenter.info/Oct26NSD>



español

JUEV. OCT. 26 6:30-7:30 PM

"ABCs del Uso de Substancias & Vapeo"

<https://cookcenter.info/Oct26NSDSp>



THURS. NOV. 9 11:00 AM-12:00 PM

"School Avoidance"

<https://cookcenter.info/Nov9NSD>



WED. NOV. 29 6:30-7:30 PM

"Emotional Regulation — Recognizing What's Wrong"

<https://cookcenter.info/Nov29NSD>



español

MIÉRC. NOV. 29 6:30-7:30 PM

"Regulación emocional — Reconocer qué está sintiendo"

<https://cookcenter.info/Nov29NSDSp>



THURS. DEC. 14 6:30-7:30 PM

"Helping Your Child Succeed"

<https://cookcenter.info/Dec14NSD>



español

JUEV. DEC. 14 6:30-7:30 PM

"Ayudar a sus hijos a tener éxito"

<https://cookcenter.info/Dec14NSDSp>



For registration information, contact Dr. Holly Colin at hcolin@nssd112.org

