

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**

THURS. JAN. 11 11:00 AM-12:00 PM

"Effects of Screen Time & Children's Mental Health"

<https://cookcenter.info/Jan11NSD>



THURS. JAN. 25 6:30-7:30 PM

"Social Media: Protecting Your Child"

<https://cookcenter.info/Jan25NSD>



español **JUEV. JAN. 25 6:30-7:30 PM**

"Redes sociales: Proteger a su hijo"

<https://cookcenter.info/Jan25NSDSp>



THURS. FEB. 22 11:00 AM-12:00 PM

"Compassionate Parenting & Self-Compassion"

<https://cookcenter.info/Feb22NSD>



THURS. MARCH 7 6:30-7:30 PM

"De-escalating Cycles of Conflict"

<https://cookcenter.info/Mar7NSD>



español **JUEV. MARCH 7 6:30-7:30 PM**

"Atenuar los ciclos de conflicto"

<https://cookcenter.info/Mar7NSDSp>



THURS. APRIL 4 6:30-7:30 PM

"Navigating Divorce When Children are Involved"

<https://cookcenter.info/Apr4NSD>



WED. APRIL 17 6:30-7:30 PM

"Grief—The Healing Process"

<https://cookcenter.info/Apr17NSD>



español **MIÉRC. APRIL 17 6:30-7:30 PM**

"Duelo—El proceso de Sanación"

<https://cookcenter.info/Apr17NSDSp>



THURS. MAY 2 11:00 AM-12:00 PM

"What Parents Need to Know about Suicide Prevention"

<https://cookcenter.info/May2NSD>



español **JUEV. MAY 2 11:00 AM-12:00 PM**

"Qué deben saber los padres sobre la prevención del suicidio"

<https://cookcenter.info/May2NSDSp>



WED. MAY 22 11:00 AM-12:00 PM

"Why Children Self-Harm"

<https://cookcenter.info/May22NSD>



español **MIÉRC. MAY 22 11:00 AM-12:00 PM**

"Por qué nuestros hijos se autolesionan"

<https://cookcenter.info/May22NSDSp>



TUES. JUNE 18 11:00 AM-12:00 PM

"Supporting Your LGBTQ+ Child"

<https://cookcenter.info/Jun18NSD>



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

