

PARENT GUIDANCE

MENTAL HEALTH SERIES

In response to parent concerns about student health and well-being, Caesar Rodney School District is partnering with ParentGuidance.org to deliver presentations created 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.



TIME: 6:00-7:00 PM
To Register Early...
Click the link or scan the QR code

WED. NOV. 15

“Your Child’s Anxiety”



<https://cookcenter.info/Nov15CRSD>

WED. MARCH 6

**“Emotional Regulation:
Part 2—Interrupting
Negative Emotions”**



<https://cookcenter.info/Mar6CRSD>

WED. DEC. 13

**“Depression—You’re Not
Alone”**



<https://cookcenter.info/Dec13CRSD>

WED. MARCH 27

**“Emotional Regulation:
Part 3—Managing and
Replacing Negative
Emotions”**



<https://cookcenter.info/Mar27CRSD>

WED. JAN. 10

**“Your Active Child:
ADHD”**



<https://cookcenter.info/Jan10CRSD>

WED. APRIL 17

**“Building Your Child’s
Confidence”**



<https://cookcenter.info/Apr17CRSD>

WED. FEB. 7

**“Emotional Regulation:
Part 1—Recognizing
What’s Wrong”**



<https://cookcenter.info/Feb7CRSD>

WED. MAY 8

**“Supporting Your Child
After Trauma”**



<https://cookcenter.info/May8CRSD>

For more information, please contact
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