

MENTAL HEALTH SERIES

SEPTEMBER

EDUCATE • INFORM • EMPOWER



















WHAT YOU NEED - WHEN YOU NEED IT - HOW YOU NEED IT

Join our LIVE caregiver webinars developed by licensed therapists.

- Events are virtual, interactive, and designed to help caregivers support their child.
- Registration, attendance, and interactions are anonymous from other viewers.

Start Time: 6:00 CT

Virtual Events!

MON	TUE	WED	THU
2	3 Building Your Child's Confidence 	4 Establishing Healthy Boundaries 	5 Your Child's Anxiety 
9 What Parents Need to Know About Suicide Prevention 	10 Emotional Regulation: Recognizing What's Wrong 	11 Everyday Happiness 	12 Your Active Child: ADHD 
16 Effects of Screen Time and Children's Mental Health 	17 Tools to Support Your Child's Mental Health 	18 Compassionate Parenting & Self-Compassion  <div>Ask A Therapist LIVE 6:00 PM MST / 8:00 PM EST</div>	19 Talking with Your Child About Pornography 
23 Bullying - Stop the Cycle 	24 Body Image - Loving the Skin You're In 	25 Helping Your Child Succeed - Three Parenting Styles 	26 School Avoidance 
30 ABCs of Substance Use & Vaping 	For registration support, contact: info@cookcenter.org		Sept 18th Ask a Therapist LIVE Registration 6:00 PM MST / 8:00 PM EST 