

Virtual Events!

MENTAL HEALTH SERIES

OCTOBER

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.



To Register, scan or go to:

Start Times: 7:00 EST / 9:00 EST

<https://parentguidance.org/mhsindex>

MON	TUE	WED	THU
	1 Tools to Support Your Child's Mental Health - Kickoff	2 Helping Your Child Succeed - Three Parenting Styles	3 Emotional Regulation: Recognizing What's Wrong
7 Bullying - Stop the Cycle	8 Establishing Healthy Boundaries	9 Parenting through Anxiety & Depression	10 Understanding Loneliness in Children
14 How to Motivate Your Child	15 Social Media: Protecting Your Child	16 Understanding Your LGBTQ+ Child	17 Navigating Divorce When Children are Involved
21 Emotional Regulation: Interrupting Negative Emotions	22 ABCs of Substance Use & Vaping	23 Building Your Child's Confidence	24 Supporting Your Child After Trauma
28 Emotional Regulation: Strategies to Replace Negative Emotions	29 Mindfulness for Improved Mental Health	30 Why Our Children Self-Harm	Oct 23rd Ask a Therapist LIVE Registration 8:00 PM EST



Or register at
<https://parentguidance.org/mhsindex>

For registration support, contact:
info@cookcenter.org