



MENTAL HEALTH SERIES



OCTOBER

EDUCATE • INFORM • EMPOWER



Our focus this month is

Each session is open to everyone.

Join any session this month!

Helping Your Child Succeed
Wednesday: October 2nd
6:00 pm & 8:00 pm CST



To Register - scan or go to:

<https://parentguidance.org/mhsindex>

Start Times: 6:00 pm / 8:00 pm CST

MON	TUE	WED	THU
<i>Virtual Events!</i>	1 Tools to Support Your Child's Mental Health - Kickoff	2 <i>Watch With Us!</i> Helping Your Child Succeed <u>6:00 pm CST</u> <u>8:00 pm CST</u>	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	October 23, 2024 Ask A Therapist LIVE <u>6:00 PM MST /</u> <u>8:00 PM EST</u>

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

For registration support, contact: info@cookcenter.org