

Virtual Events!

NOVEMBER MENTAL HEALTH SERIES



EDUCATE • INFORM • EMPOWER



Our focus this month is



Each session is open to everyone.

School Avoidance
Thursday, November 14th
6:00 pm & 8:00 pm CT



Join any session this month!

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



To Register - scan or go to:

<https://parentguidance.org/mhsindex>

MON	TUE	WED	THU
4 ABCs of Substance Use & Vaping	5 Supporting Your Child After Trauma	6 Your Active Child: ADHD	7 What Parents Need to Know About Suicide Prevention
11 Bullying - Stop the Cycle	12 Understanding Video Game Addiction	13 Emotional Regulation: Recognizing What's Wrong	14 <i>Watch With Us!</i> School Avoidance 6:00 pm CT 8:00 pm CT
18 De-escalating Cycles of Conflict	19 Your Child's Anxiety	20 Depression: You're Not Alone	21 Effects of Screen Time and Children's Mental Health
25 Grief: The Healing Process After Loss	26 Talking with Your Child About Pornography	27	28



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

For registration support, contact:
info@cookcenter.org

November 20, 2024
Ask A Therapist LIVE
6:00 PM MST /
8:00 PM EST