

Virtual Events!

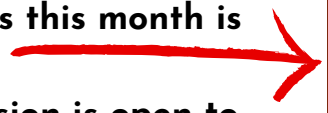
NOVEMBER MENTAL HEALTH SERIES



EDUCATE • INFORM • EMPOWER



Our focus this month is



Each session is open to everyone.

Join any session this month!

ABCs of Substance Use & Vaping
Monday, November 4th
5:00 pm & 7:00 pm MT



Start Times: 5:00 pm / 7:00 pm MT

To Register - scan or go to:
<https://parentguidance.org/mhsindex>

Watch With Us!

MON	TUE	WED	THU
4 ABCs of Substance Use & Vaping 5:00 pm MT 7:00 pm MT	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 School Avoidance
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