

# NOVEMBER MENTAL HEALTH SERIES

EDUCATE • INFORM • EMPOWER



*Virtual Events!*

Our focus this month is  
Each session is open to everyone.



**School Avoidance**  
**Thursday, November 14th**  
**5:00 pm & 7:00 pm MT**



Join any session this month!

To Register - scan or go to:

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

<https://parentguidance.org/mhsindex>

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



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

For registration support, contact:  
[info@cookcenter.org](mailto:info@cookcenter.org)

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