

*Virtual Events!*

# MENTAL HEALTH SERIES

## JANUARY

EDUCATE • INFORM • EMPOWER



Our focus this month is

Each session is open to everyone.



Join any session this month!

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

**Why Our Children Self-Harm**  
  
**Wednesday, January 29th**  
  
**6:00 pm CT & 8:00 pm CT**



To Register - scan or go to:

<https://parentguidance.org/mhsindex>



| MON  | TUE  | WED   | THU   |
|--|--|---|---|
| 6<br>Tools to Support Your Child's Mental Health - Kickoff | 7<br>Your Active Child: ADHD                             | 8<br>Bullying - Stop the Cycle  | 9<br>Everyday Happiness                                   |
| 13<br>Parenting through Anxiety & Depression               | 14<br>What Parents Need to Know About Suicide Prevention | 15<br>Understanding Video Game Addiction  | 16<br>Mindfulness for Improved Mental Health              |
| 20   | 21<br>De-escalating Cycles of Conflict                   | 22<br>School Avoidance  | 23<br>Depression: You're Not Alone                        |
| 27<br>Understanding Your LGBTQ+ Child                      | 28<br>Grief: The Healing Process After Loss              | 29<br><i>Watch With Us!</i><br>6:00 pm CT<br>8:00 pm CT<br>Why Our Children Self-Harm | 30<br>Helping Your Child Succeed - Three Parenting Styles |



Or register at  
<https://parentguidance.org/mhsindex>  
For registration support, contact:  
[info@cookcenter.org](mailto:info@cookcenter.org)

January 15, 2025  
Ask A Therapist LIVE  
7:00 PM CT

<https://cookcenter.info/ATLJan15>