



September Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

9/3/24	English	Building Your Child's Confidence
9/4/24	English	Establishing Healthy Boundaries
9/5/24	English	Your Child's Anxiety
9/5/24	Spanish	Your Child's Anxiety
9/9/24	English	What Parents Need to Know about Suicide Prevention
9/9/24	Spanish	What Parents Need to Know about Suicide Prevention
9/10/24	English	Emotional Regulation: Recognizing What's Wrong
9/11/24	English	Everyday Happiness
9/12/24	English	Your Active Child: ADHD
9/16/24	English	Effects of Screen Time and Children's Mental Health
9/17/24	English	Tools to Support Your Child's Mental Health - Kickoff
9/17/24	Spanish	Tools to Support Your Child's Mental Health - Kickoff
9/18/24	English	Compassionate Parenting & Self-Compassion
9/18/24	ATL	Ask a Therapist - LIVE webinar (6 pm MT & 8 pm ET)
9/19/24	English	Talking with Your Child about Pornography
9/23/24	English	Bullying- Stop the Cycle
9/24/24	English	Body Image - Loving the Skin You're In
9/25/24	English	Helping Your Child Succeed – Three Parenting Styles
9/25/24	Spanish	Helping Your Child Succeed – Three Parenting Styles
9/26/24	English	School Avoidance
9/30/24	English	ABCs of Substance Use & Vaping



October Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

10/1/24	English	Tools to Support Your Child's Mental Health - Kickoff
10/2/24	English	Helping Your Child Succeed – Three Parenting Styles
10/3/24	English	Emotional Regulation: Recognizing What's Wrong
10/3/24	Spanish	Emotional Regulation: Recognizing What's Wrong
10/7/24	English	Bullying- Stop the Cycle
10/7/24	Spanish	Bullying- Stop the Cycle
10/8/24	English	Establishing Healthy Boundaries
10/9/24	English	Parenting through Anxiety & Depression
10/10/24	English	Understanding Loneliness in Children
10/14/24	English	How to Motivate Your Child
10/15/24	English	Social Media: Protecting Your Child
10/15/24	Spanish	De-escalating Cycles of Conflict
10/16/24	English	Understanding Your LGBTQ+ Child
10/17/24	English	Navigating Divorce When Children are Involved
10/21/24	English	Emotional Regulation (Part 2) Interrupting Negative Emotions
10/22/24	English	ABCs of Substance Use & Vaping
10/23/24	English	Building Your Child's Confidence
10/23/24	Spanish	Building Your Child's Confidence
10/23/24	ATL	Ask a Therapist - LIVE webinar (6 pm MT & 8 pm ET)
10/24/24	English	Supporting Your Child After Trauma
10/28/24	English	Emotional Reg (Part 3): Strategies to Replace Negative Emotions
10/29/24	English	Mindfulness for Improved Mental Health
10/30/24	English	Why our Children Self-Harm
10/30/24	Spanish	School Avoidance



November Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

11/4/24	English	ABCs of Substance Use & Vaping
11/4/24	Spanish	ABCs of Substance Use & Vaping
11/5/24	English	Supporting Your Child After Trauma
11/6/24	English	Your Active Child: ADHD
11/7/24	English	What Parents Need to Know about Suicide Prevention
11/11/24	English	Bullying- Stop the Cycle
11/12/24	English	Understanding Video Game Addiction
11/12/24	Spanish	Establishing Healthy Boundaries
11/13/24	English	Emotional Regulation: Recognizing What's Wrong
11/14/24	English	School Avoidance
11/18/24	English	De-escalating Cycles of Conflict
11/19/24	English	Your Child's Anxiety
11/20/24	English	Depression: You're Not Alone
11/20/24	Spanish	Depression: You're Not Alone
11/20/24	ATL	Ask a Therapist - LIVE webinar (6 pm MT & 8 pm ET)
11/21/24	English	Effects of Screen Time and Children's Mental Health
11/25/24	English	Grief: The Healing Process After Loss
11/26/24	English	Talking with Your Child about Pornography



December Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

12/2/24	English	Navigating Divorce When Children Are Involved
12/2/24	Spanish	Your Active Child: ADHD
12/3/24	English	Body Image - Loving the Skin You're In
12/4/24	English	Emotional Regulation: Recognizing What's Wrong
12/5/24	English	Your Child's Anxiety
12/9/24	English	Establishing Healthy Boundaries
12/10/24	English	Grief: The Healing Process After Loss
12/10/24	Spanish	Grief – The Healing Process After Loss
12/11/24	English	Building Your Child's Confidence
12/11/24	ATL	Ask a Therapist - LIVE webinar (6 pm MT & 8 pm ET)
12/12/24	English	Depression: You're Not Alone
12/16/24	English	Understanding Eating Disorders
12/17/24	English	Compassionate Parenting & Self-Compassion
12/18/24	English	What Parents Need to Know about Suicide Prevention
12/18/24	Spanish	How to Motivate Your Child
12/19/24	English	Social Media: Protecting Your Child



January Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

1/6/25	English	Tools to Support Your Child's Mental Health - Kickoff
1/6/25	Spanish	Tools to Support Your Child's Mental Health - Kickoff
1/7/25	English	Your Active Child: ADHD
1/8/25	English	Bullying- Stop the Cycle
1/9/25	English	Everyday Happiness
1/13/25	English	Parenting through Anxiety & Depression
1/14/25	English	What Parents Need to Know about Suicide Prevention
1/14/25	Spanish	What Parents Need to Know about Suicide Prevention
1/15/25	English	Understanding Video Game Addiction
1/16/25	English	Mindfulness for Improved Mental Health
1/21/25	English	De-escalating Cycles of Conflict
1/22/25	English	School Avoidance
1/22/25	Spanish	School Avoidance
1/23/25	English	Depression: You're Not Alone
1/27/25	English	Understanding Your LGBTQ+ Child
1/28/25	English	Grief: The Healing Process after Loss
1/29/25	English	Why our Children Self-Harm
1/30/25	English	Helping Your Child Succeed – Three Parenting Styles
1/30/25	Spanish	Helping Your Child Succeed – Three Parenting Styles



February Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

2/3/25	English	Your Child's Anxiety
2/3/25	Spanish	Your Child's Anxiety
2/4/25	English	Navigating Divorce When Children are Involved
2/5/25	English	Understanding Eating Disorders
2/6/25	English	Tools to Support Your Child's Mental Health - Kickoff
2/10/25	English	Understanding Loneliness in Children
2/11/25	English	How to Motivate Your Child
2/11/25	Spanish	De-escalating Cycles of Conflict
2/12/25	English	What Parents Need to Know about Suicide Prevention
2/13/25	English	Recognizing Child Abuse
2/18/25	English	School Avoidance
2/19/25	English	Talking with Your Child about Pornography
2/19/25	Spanish	Bullying- Stop the Cycle
2/20/25	English	Social Media: Protecting Your Child
2/24/25	English	Emotional Regulation: Recognizing What's Wrong
2/25/25	English	Helping Your Child Succeed – Three Parenting Styles
2/26/25	English	Effects of Screen Time and Children's Mental Health
2/27/25	English	Establishing Healthy Boundaries
2/27/25	Spanish	Understanding Video Game Addiction



March Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

3/3/25	English	Emotional Regulation (Part 2) Interrupting Negative Emotions
3/3/25	Spanish	Emotional Regulation: Recognizing What's Wrong
3/4/25	English	Your Child's Anxiety
3/5/25	English	Body Image - Loving the Skin You're In
3/6/25	English	Understanding Video Game Addiction
3/10/25	English	Why our Children Self-Harm
3/11/25	English	ABCs of Substance Use & Vaping
3/11/25	Spanish	ABCs of Substance Use & Vaping
3/12/25	English	Parenting through Anxiety & Depression
3/13/25	English	De-escalating Cycles of Conflict
3/17/25	English	Compassionate Parenting & Self-Compassion
3/18/25	English	Grief: The Healing Process After Loss
3/19/25	English	Everyday Happiness
3/19/25	Spanish	Why our Children Self-Harm
3/20/25	English	What Parents Need to Know about Suicide Prevention
3/24/25	English	Bullying- Stop the Cycle
3/25/25	English	Building Your Child's Confidence
3/26/25	English	Emotional Regulation: Recognizing What's Wrong
3/27/25	English	How to Motivate Your Child
3/27/25	Spanish	Establishing Healthy Boundaries
3/31/25	English	Navigating Divorce When Children are Involved
3/31/25	Spanish	Depression: You're Not Alone



April Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

4/1/25	English	ABCs of Substance Use & Vaping
4/2/25	English	Mindfulness for Improved Mental Health
4/3/25	English	Understanding Your LGBTQ+ Child
4/7/25	English	Tools to Support Your Child's Mental Health - Kickoff
4/8/25	English	Effects of Screen Time and Children's Mental Health
4/8/25	Spanish	Effects of Screen Time and Children's Mental Health
4/9/25	English	Emotional Regulation: Recognizing What's Wrong
4/10/25	English	Helping Your Child Succeed – Three Parenting Styles
4/14/25	English	Your Active Child: ADHD
4/15/25	English	Parenting through Anxiety & Depression
4/16/25	English	Emotional Reg (Part 3): Strategies to Replace Negative Emotions
4/16/25	Spanish	Grief – The Healing Process After Loss
4/17/25	English	Depression: You're Not Alone
4/21/25	English	School Avoidance
4/22/25	English	Talking with Your Child about Pornography
4/23/25	English	Understanding Loneliness in Children
4/24/25	English	Supporting Your Child After Trauma
4/24/25	Spanish	Supporting Your Child After Trauma
4/28/25	English	Building Your Child's Confidence
4/28/25	Spanish	Building Your Child's Confidence
4/29/25	English	Navigating Divorce When Children Are Involved
4/30/25	English	Recognizing Child Abuse



May Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

5/1/25	English	Bullying- Stop the Cycle
5/5/25	English	Emotional Regulation (Part 2) Interrupting Negative Emotions
5/5/25	Spanish	Understanding Video Game Addiction
5/6/25	English	Your Child's Anxiety
5/7/25	English	Understanding Video Game Addiction
5/8/25	English	Understanding Eating Disorders
5/12/25	English	Emotional Reg (Part 3): Strategies to Replace Negative Emotions
5/13/25	English	Social Media: Protecting Your Child
5/13/25	Spanish	Social Media: Protecting Your Child
5/14/25	English	Mindfulness for Improved Mental Health
5/15/25	English	What Parents Need to Know about Suicide Prevention
5/19/25	English	De-escalating Cycles of Conflict
5/20/25	English	Establishing Healthy Boundaries
5/21/25	English	Why our Children Self-Harm
5/21/25	Spanish	Your Active Child: ADHD
5/22/25	English	Grief: The Healing Process After Loss
5/27/25	English	Effects of Screen Time and Children's Mental Health
5/28/25	English	Helping Your Child Succeed – Three Parenting Styles
5/29/25	English	How to Motivate Your Child
5/29/25	Spanish	How to Motivate Your Child



June Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

6/2/25	English	Tools to Support Your Child's Mental Health - Kickoff
6/2/25	Spanish	Tools to Support Your Child's Mental Health - Kickoff
6/3/25	English	Emotional Reg (Part 3): Strategies to Replace Negative Emotions
6/4/25	English	Parenting through Anxiety & Depression
6/5/25	English	Understanding Loneliness in Children
6/9/25	English	Social Media: Protecting Your Child
6/10/25	English	What Parents Need to Know about Suicide Prevention
6/10/25	Spanish	What Parents Need to Know about Suicide Prevention
6/11/25	English	Depression: You're Not Alone
6/12/25	English	Talking with Your Child about Pornography
6/16/25	English	ABCs of Substance Use & Vaping
6/17/25	English	Building Your Child's Confidence
6/18/25	English	Effects of Screen Time and Children's Mental Health
6/18/25	Spanish	Effects of Screen Time and Children's Mental Health
6/19/25	English	Emotional Regulation: Recognizing What's Wrong
6/23/25	English	Understanding Your LGBTQ+ Child
6/24/25	English	Body Image - Loving the Skin You're In
6/25/25	English	Supporting Your Child After Trauma
6/26/25	English	Helping Your Child Succeed – Three Parenting Styles
6/26/25	Spanish	De-escalating Cycles of Conflict
6/30/25	English	How to Motivate Your Child
6/30/25	Spanish	Supporting Your Child After Trauma



July Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

7/1/25	English	Navigating Divorce When Children are Involved
7/2/25	English	How to Motivate Your Child
7/7/25	English	Emotional Regulation: Recognizing What's Wrong
7/7/25	Spanish	Emotional Regulation: Recognizing What's Wrong
7/8/25	English	Emotional Regulation (Part 2) Interrupting Negative Emotions
7/9/25	English	ABCs of Substance Use & Vaping
7/10/25	English	Everyday Happiness
7/14/25	English	What Parents Need to Know about Suicide Prevention
7/15/25	English	Building Your Child's Confidence
7/15/25	Spanish	Helping Your Child Succeed – Three Parenting Styles
7/16/25	English	Supporting Your Child After Trauma
7/17/25	English	Establishing Healthy Boundaries
7/21/25	English	Recognizing Child Abuse
7/22/25	English	Social Media: Protecting Your Child
7/23/25	English	Why our Children Self-Harm
7/23/25	Spanish	Why our Children Self-Harm
7/24/25	English	Compassionate Parenting & Self-Compassion
7/28/25	English	De-escalating Cycles of Conflict
7/29/25	English	Understanding Video Game Addiction
7/30/25	English	Your Active Child: ADHD
7/31/25	English	Your Child's Anxiety
7/31/25	Spanish	Your Child's Anxiety



August Parent Webinars

Start Times: 7:00 Eastern / 7:00 Mountain

8/4/25	English	Tools to Support Your Child's Mental Health - Kickoff
8/4/25	Spanish	Tools to Support Your Child's Mental Health - Kickoff
8/5/25	English	Bullying- Stop the Cycle
8/6/25	English	Everyday Happiness
8/7/25	English	Understanding Loneliness in Children
8/11/25	English	Helping Your Child Succeed – Three Parenting Styles
8/12/25	English	Your Child's Anxiety
8/12/25	Spanish	Your Child's Anxiety
8/13/25	English	Why our Children Self-Harm
8/14/25	English	Recognizing Child Abuse
8/18/25	English	Establishing Healthy Boundaries
8/19/25	English	Understanding Eating Disorders
8/20/25	English	Social Media: Protecting Your Child
8/20/25	Spanish	Social Media: Protecting Your Child
8/21/25	English	Compassionate Parenting & Self-Compassion
8/25/25	English	What Parents Need to Know about Suicide Prevention
8/26/25	English	Grief: The Healing Process after Loss
8/27/25	English	Emotional Regulation (Part 2) Interrupting Negative Emotions
8/28/25	English	Building Your Child's Confidence
8/28/25	Spanish	Building Your Child's Confidence