

Virtual Events!

MENTAL HEALTH SERIES

FEBRUARY

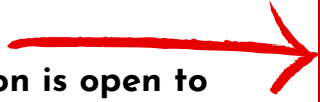
EDUCATE • INFORM • EMPOWER



Our focus this month is

Each session is open to everyone.

Join any session this month!



Your Child's Anxiety
Monday, February 3rd
5:00 pm & 7:00 pm MT



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

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

MON	TUE	WED	THU
<p>3 <i>Watch With Us!</i> 5:00 pm MT 7:00 pm MT Your Child's Anxiety</p>	<p>4 Navigating Divorce When Children are Involved</p>	<p>5 Understanding Eating Disorders</p>	<p>6 Tools to Support Your Child's Mental Health - Kickoff</p>
<p>10 Understanding Loneliness in Children</p>	<p>11 How to Motivate Your Child</p>	<p>12 What Parents Need to Know About Suicide Prevention</p>	<p>13 Recognizing Child Abuse</p>
<p>17</p>	<p>18 School Avoidance</p>	<p>19 Talking with Your Child About Pornography</p>	<p>20 Social Media: Protecting Your Child</p>
<p>24 Emotional Regulation: Recognizing What's Wrong</p>	<p>25 Helping Your Child Succeed - Three Parenting Styles</p>	<p>26 Effects of Screen Time and Children's Mental Health</p>	<p>27 Establishing Healthy Boundaries</p>



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

Ask A Therapist LIVE
February 19th
6:00 PM MT

<https://cookcenter.info/ATLFeb19>