



MENTAL HEALTH SERIES

MARCH



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

Bullying - Stop the Cycle

Monday, March 24th

6:00 pm & 8:00 pm CT

Virtual Events!



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



MON	TUE	WED	THU
3 Emotional Regulation: Interrupting Negative Emotions	4 Your Child's Anxiety	5 Body Image - Loving the Skin You're In	6 Understanding Video Game Addiction
10 Why Our Children Self-Harm	11 ABCs of Substance Use & Vaping	12 Parenting through Anxiety & Depression	13 De-escalating Cycles of Conflict
17 Compassionate Parenting & Self-Compassion	18 Grief: The Healing Process After Loss	19 Everyday Happiness	20 What Parents Need to Know About Suicide Prevention
24 <i>Watch With Us!</i> 6:00 pm CT 8:00 pm CT Bullying - Stop the Cycle	25 Building Your Child's Confidence	26 Emotional Regulation: Recognizing What's Wrong	27 How to Motivate Your Child
31 Navigating Divorce When Children are Involved	Or register at https://parentguidance.org/mhsindex For registration support, contact: info@cookcenter.org		
			Ask A Therapist LIVE Wednesday, March 12th 7:00 PM CT https://cookcenter.info/ATLMar12