

*Virtual Events!*

# MENTAL HEALTH SERIES

## MARCH



EDUCATE • INFORM • EMPOWER

### WHAT YOU NEED - WHEN YOU NEED IT - HOW YOU NEED IT

Join our LIVE caregiver webinars developed by licensed therapists.

- Events are virtual, interactive, and designed to help caregivers support their child.
- Registration, attendance, and interactions are anonymous from other viewers.



To Register for ANY topic - scan or go to:

<https://parentguidance.org/mhsindex>

**Start Times: 4:00 pm / 6:00 pm PT**

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 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	<p>Or register at  <a href="https://parentguidance.org/mhsindex">https://parentguidance.org/mhsindex</a>            For registration support, contact:  <a href="mailto:info@cookcenter.org">info@cookcenter.org</a> </p>		

**Ask A Therapist LIVE**  
**Wednesday, March 12th**  
**5:00 PM PT**

<https://cookcenter.info/ATLMar12>