



MENTAL HEALTH SERIES

APRIL

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

**Understanding
Loneliness in Children**

Wednesday, April 23rd

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
	1 ABCs of Substance Use & Vaping	2 Mindfulness for Improved Mental Health	3 Understanding Your LGBTQ+ Child
7 Tools to Support Your Child's Mental Health - Kickoff	8 Effects of Screen Time and Children's Mental Health	9 Emotional Regulation: Recognizing What's Wrong	10 Helping Your Child Succeed - Three Parenting Styles
14 Your Active Child: ADHD	15 Parenting through Anxiety & Depression	16 Emotional Regulation: Strategies to Replace Negative Emotions	17 Depression: You're Not Alone
21 School Avoidance	22 Talking with Your Child About Pornography	23 <i>Watch With Us!</i> <u>6:00 pm CT</u> <u>8:00 pm CT</u> Understanding Loneliness in Children	24 Supporting Your Child After Trauma
28 Building Your Child's Confidence	29 Navigating Divorce When Children are Involved	30 Recognizing Child Abuse	Ask A Therapist LIVE 7:00 PM CT https://cookcenter.info/ATLApr16

Or register at
<https://parentguidance.org/mhsindex>

For registration support, contact:
info@cookcenter.org