

Virtual Events!

MENTAL HEALTH SERIES

MAY

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: 6:00 PM / 8:00 PM CT

MON	TUE	WED	THU
	<p>Ask A Therapist LIVE 7:00 PM CT</p> <p>https://cookcenter.info/ATLMay7</p>		<p>1</p> <p>Bullying - Stop the Cycle</p>
<p>5</p> <p>Emotional Regulation: Interrupting Negative Emotions</p>	<p>6</p> <p>Your Child's Anxiety</p>	<p>7</p> <p>Understanding Video Game Addiction</p>	<p>8</p> <p>Understanding Eating Disorders</p>
<p>12</p> <p>Emotional Regulation: Strategies to Replace Negative Emotions</p>	<p>13</p> <p>Social Media: Protecting Your Child</p>	<p>14</p> <p>Mindfulness for Improved Mental Health</p>	<p>15</p> <p>What Parents Need to Know About Suicide Prevention</p>
<p>19</p> <p>De-escalating Cycles of Conflict</p>	<p>20</p> <p>Establishing Healthy Boundaries</p>	<p>21</p> <p>Why Our Children Self-Harm</p>	<p>22</p> <p>Grief: The Healing Process After Loss</p>
<p>26</p>	<p>27</p> <p>Effects of Screen Time and Children's Mental Health</p>	<p>28</p> <p>Helping Your Child Succeed - Three Parenting Styles</p>	<p>29</p> <p>How to Motivate Your Child</p>

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

For registration support, contact:
info@cookcenter.org