



# MENTAL HEALTH SERIES

## MAY



EDUCATE • INFORM • EMPOWER



Our focus this month is

Each session is open to everyone.



Join any session this month!

**Mindfulness for Improved Mental Health**

**Wednesday, May 14th**

**6:00 PM & 8:00 PM CT**



To Register for ANY topic - scan or go to:

**Start Times: 6:00 PM / 8:00 PM CT** <https://parentguidance.org/mhsindex>

MON

TUE

WED

THU

*Virtual Events!*

Ask A Therapist LIVE  
7:00 PM CT

<https://cookcenter.info/ATLMay7>

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**Bullying - Stop the Cycle**

5

**Emotional Regulation: Interrupting Negative Emotions**

6

**Your Child's Anxiety**

7

**Understanding Video Game Addiction**

8

**Understanding Eating Disorders**

12

**Emotional Regulation: Strategies to Replace Negative Emotions**

13

**Social Media: Protecting Your Child**

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*Watch With Us!*  
6:00 pm CT  
8:00 pm CT

**Mindfulness for Improved Mental Health**

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**What Parents Need to Know About Suicide Prevention**

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**De-escalating Cycles of Conflict**

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**Establishing Healthy Boundaries**

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**Why Our Children Self-Harm**

22

**Grief: The Healing Process After Loss**

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**Effects of Screen Time and Children's Mental Health**

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**Helping Your Child Succeed - Three Parenting Styles**

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**How to Motivate Your Child**

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

For registration support, contact: [info@cookcenter.org](mailto:info@cookcenter.org)