

MENTAL HEALTH SERIES

Educate. Inform. Empower.

START TIMES

4:00pm and 6:00pm PT

Explore this month's virtual sessions covering today's most important parenting topics. Join as many as you'd like!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Tools to Support Your Child's Mental Health - Kickoff	3 Emotional Regulation: Strategies to Replace Negative Emotions	4 Parenting through Anxiety & Depression	5 Understanding Loneliness in Children
9 Social Media: Protecting Your Child	10  What Parents Need to Know about Suicide Prevention	11 Depression: You're Not Alone	12 Talking with Your Child about Pornography
16 ABCs of Substance Use & Vaping	17 Building Your Child's Confidence	18 Effects of Screen Time and Children's Mental Health	19 Emotional Regulation: Recognizing What's Wrong
23 Supporting Your LGBTQ+ Child	24 Body Positivity: Nurturing Self-Image	25 Supporting Your Child After Trauma	26 Helping Your Child Succeed – Three Parenting Styles
30 How to Motivate Your Child			



ASK A THERAPIST LIVE • June 10 @ 5:00pm • Register at cookcenter.info/ATLJune10



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