

# MENTAL HEALTH SERIES

Educate. Inform. Empower.

## START TIMES

6:00pm and 8:00pm CT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
	1 Navigating Divorce When Children are Involved	2 How to Motivate Your Child	3
7 Emotional Regulation: Recognizing What's Wrong	8 Emotional Regulation: Interrupting Negative Emotions	9 ABCs of Substance Use & Vaping	10 Everyday Happiness
14 What Parents Need to Know about Suicide Prevention	15 Building Your Child's Confidence 	16 Supporting Your Child After Trauma	17 Establishing Healthy Boundaries
21 Recognizing Child Abuse	22 Social Media: Protecting Your Child	23 Why Our Children Self-Harm	24 Compassionate Parenting & Self-Compassion
28 De-escalating Cycles of Conflict	29 Understanding Video Game Addiction	30 Your Active Child: ADHD	31 Your Child's Anxiety



**ASK A THERAPIST LIVE**

• July 15 @ 7:00pm • Register at [cookcenter.info/ATLJuly15](https://cookcenter.info/ATLJuly15)



**DISCOVER THE MENTAL HEALTH  
SERIES. SCAN OR VISIT**  
[parentguidance.org/mhs-catalog/](https://parentguidance.org/mhs-catalog/)

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