

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
	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 @ 5:00pm • Register at cookcenter.info/ATLJuly15



DISCOVER THE MENTAL HEALTH SERIES. SCAN OR VISIT

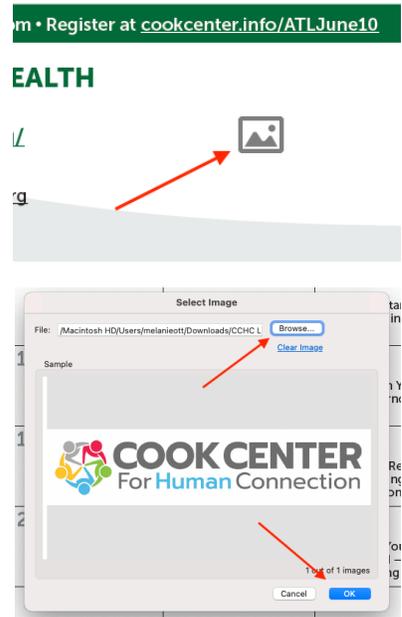
parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org

Instructions: Adding Your Logo

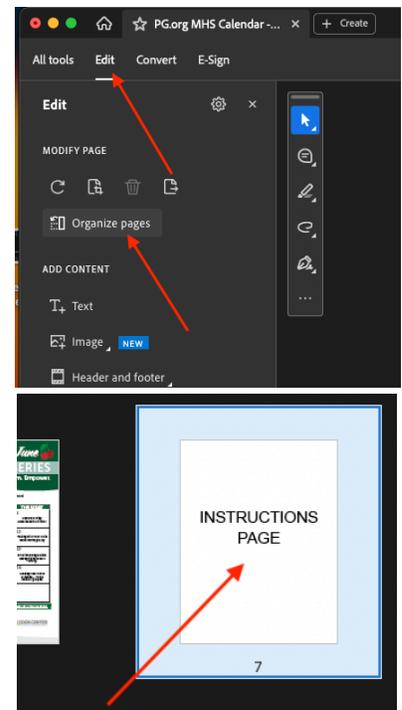
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1. Click on the **Image Icon** in the bottom right corner
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3. From your computer files, **find the logo** you want to use and **double click**
4. You will see a preview of your selected logo
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5. Click **OK** to confirm
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