

# MENTAL HEALTH SERIES

Educate. Inform. Empower.

## START TIMES

5:00pm and 7:00pm MT

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 How to Motivate Your Child	2 Building Your Child's Confidence	3 ABCs of Substance Use & Vaping	4 Social Media: Protecting Your Child
8 Emotional Regulation: Interrupting Negative Emotions	9 Bullying- Stop the Cycle 	10 Effects of Screen Time and Children's Mental Health	11 Emotional Regulation: Strategies to Replace Negative Emotions
15 Compassionate Parenting & Self-Compassion	16 Depression: You're Not Alone	17 Grief: The Healing Process after Loss	18 Navigating Divorce When Children are Involved
22	23	24	25
29	30	31	

 **ASK A THERAPIST LIVE**

Dec 9 @ 6:00pm • Register @ [cookcenter.info/ATLDec9](https://cookcenter.info/ATLDec9)



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

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