


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
2 Parenting Through Anxiety & Depression	3 Effects of Screen Time and Children's Mental Health	4 Building Your Child's Confidence	5 Emotional Regulation: Recognizing What's Wrong
9 Bullying: Stop the Cycle	10 Social Media: Protecting Your Child	11 Emotional Regulation: Interrupting Negative Emotions 	12 What Parents Need to Know About Suicide Prevention
16 Understanding Video Game Addiction	17 Navigating Divorce When Children Are Involved	18 Grief: The Healing Process after Loss	19 Everyday Happiness
23 ABCs of Substance Abuse & Vaping	24 Body Positivity: Nurturing Self-Image 	25 Understanding Loneliness in Children	26 ABCs of Substance Use & Vaping
30 Why Our Children Self-Harm	31 Parenting Through Anxiety & Depression		



ASK A THERAPIST LIVE

Mar. 24 @ 6pm • Register at cookcenter.info/ATLMar24



WATCH TOGETHER SERIES

Mar. 11 @ 6pm • Register @ cookcenter.info/WTPMarch



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parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org