

MENTAL HEALTH SERIES

Explore on-demand videos, quick facts, practical tips, and articles for parents and caregivers, plus live virtual events offered multiple times each week. Attend as many sessions as you'd like!

Register for events and explore at ParentGuidance.org/MHS-Catalog/

June 2026 Calendar of Live Events

MOUNTAIN TIME ZONE START TIMES: 5:00pm and 7:00pm

Monday, June 1 – Effects of Screen Time & Your Child's Mental Health

Tuesday, June 2 – Tools to Support Your Child's Mental Health

Wednesday, June 3 – Building Your Child's Confidence

Thursday, June 4 – Emotional Regulation - Recognizing What's Wrong

Monday, June 8 – Parenting Through Anxiety & Depression

Tuesday, June 9 – How to Motivate Your Child

Tuesday, June 9 – Ask a Therapist Live @ 6pm

Wednesday, June 10 – Your Active Child: ADHD

Thursday, June 11 – Social Media: Protecting Your Child

Monday, June 15 – Grief - The Healing Process After Loss

Tuesday, June 16 – Body Positivity: Nurturing Self-Image

Wednesday, June 17 – Helping Your Child Succeed - Three Parenting Styles

Wednesday, June 17 – Watch Together Series @ 6pm

Thursday, June 18 – Supporting Your Child After Trauma

Monday, June 22 – Talking with Your Child about Pornography

Tuesday, June 23 – Supporting Your LGBTQ+ Child

Wednesday, June 24 – Understanding Loneliness in Children

Thursday, June 25 – ABCs of Substance Use & Vaping

Monday, June 29 – Depression - You're Not Alone

Tuesday, June 30 – Emotional Regulation - Strategies to Replace Negative Emotions