

# MENTAL HEALTH SERIES

## SEPTEMBER 2026

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

**START TIMES: 5:00pm and 7:00pm MT**

Tue. 1: What Parents Need to Know about Suicide Prevention

Wed. 2: Building Your Child's Confidence

Thurs. 3: Bullying - Stop the Cycle

Tue. 8: Tools to Support Your Child's Mental Health

**Wed. 9: NEW - Milestones to Progress: Supporting Early Childhood**

**Wed. 9: Watch Together Series @ 6pm**

Thurs. 10: Supporting Your Child After Trauma

**Mon. 14: NEW - Facing the Opioid Crisis Together**

Tue. 15: Everyday Happiness

Wed. 16: Recognizing Child Abuse

Thurs. 17: Understanding Video Game Addiction

Mon. 21: Parenting Through Anxiety and Depression

Tue. 22: Talking with Your Child About Pornography

Wed. 23: Depression - You're Not Alone

Thurs. 24: Navigating Divorce When Children are Involved

Mon. 28: How to Motivate Your Child

Tue. 29: Strategies to Replace Negative Emotions

**Tue. 29: Ask a Therapist Live @ 6pm**

Wed. 30: School Avoidance

Register for events and explore on-demand videos, quick facts, practical tips, and articles at [ParentGuidance.org/MHS-Catalog/](https://www.parentguidance.org/MHS-Catalog/)