

MENTAL HEALTH SERIES

EDUCATE • INFORM • EMPOWER



Our focus this month is

Each session is open to everyone.

Join any session this month!

**Supporting Your Child
After Trauma**

Thursday, April 24th

7:00 PM & 9:00 PM ET

Virtual Events!



To Register for ANY topic - scan or go to:
<https://parentguidance.org/mhsindex>

Start Times: 7:00 PM / 9:00 PM ET

MON	TUE	WED	THU
	1 ABCs of Substance Use & Vaping	2 Mindfulness for Improved Mental Health	3 Understanding Your LGBTQ+ Child
7 Tools to Support Your Child's Mental Health - Kickoff	8 Effects of Screen Time and Children's Mental Health	9 Emotional Regulation: Recognizing What's Wrong	10 Helping Your Child Succeed - Three Parenting Styles
14 Your Active Child: ADHD	15 Parenting through Anxiety & Depression	16 Emotional Regulation: Strategies to Replace Negative Emotions	17 Depression: You're Not Alone
21 School Avoidance	22 Talking with Your Child About Pornography	23 Understanding Loneliness in Children	24 <i>Watch With Us!</i> 7:00 pm ET 9:00 pm ET Supporting Your Child After Trauma
28 Building Your Child's Confidence	29 Navigating Divorce When Children are Involved	30 Recognizing Child Abuse	Ask A Therapist LIVE 8:00 PM ET https://cookcenter.info/ATLApr16