

MENTAL HEALTH SERIES

EDUCATE • INFORM • EMPOWER



Our focus this month is

Each session is open to everyone.

Join any session this month!

Bullying - Stop the Cycle

Monday, March 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
3 Emotional Regulation: Interrupting Negative Emotions	4 Your Child's Anxiety	5 Body Image - Loving the Skin You're In	6 Understanding Video Game Addiction
10 Why Our Children Self-Harm	11 ABCs of Substance Use & Vaping	12 Parenting through Anxiety & Depression	13 De-escalating Cycles of Conflict
17 Compassionate Parenting & Self-Compassion	18 Grief: The Healing Process After Loss	19 Everyday Happiness	20 What Parents Need to Know About Suicide Prevention
24 <i>Watch With Us!</i> <u>7:00 pm ET</u> <u>9:00 pm ET</u> Bullying - Stop the Cycle	25 Building Your Child's Confidence	26 Emotional Regulation: Recognizing What's Wrong	27 How to Motivate Your Child
31 Navigating Divorce When Children are Involved	<p>Or register at https://parentguidance.org/mhsindex</p> <p>For registration support, contact: info@cookcenter.org</p>		

Ask A Therapist LIVE
Wednesday, March 12th
8:00 PM ET

<https://cookcenter.info/ATLMar12>