

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
4 Bullying: Stop the Cycle	5 Effects of Screen Time and Children's Mental Health	6 Your Child's Anxiety	7 How to Motivate Your Child
11 Social Media: Protecting Your Child	12 De-escalating Cycles of Conflict	13 Emotional Regulation: Interrupting Negative Emotions	14 Understanding Video Game Addiction
18 Compassionate Parenting & Self-Compassion	19 De-escalating Cycles of Conflict	20 Emotional Regulation: Strategies to Replace Negative Emotions	21 Mindfulness for Improved Mental Health
25	26 Why Our Children Self-Harm	27 Understanding Eating Disorders	28 Your Child's Anxiety

 **ASK A THERAPIST LIVE** May 12 @ 6pm • Register at cookcenter.info/ATLMay12

 **WATCH TOGETHER SERIES** May 13 @ 6pm • Register @ cookcenter.info/WTPMay



DISCOVER THE MENTAL HEALTH SERIES. SCAN OR VISIT

parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org