



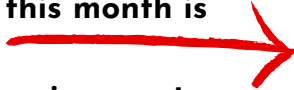
MENTAL HEALTH SERIES



EDUCATE • INFORM • EMPOWER

Virtual Events!

Our focus this month is



Each session is open to everyone.

Join any session this month!

Bullying - Stop the Cycle
Monday: October 7th
Mindfulness for Improved Mental Health
Tuesday: October 29th
5:00 pm & 7:00 pm MT



To Register - scan or go to:

Start Times: 5:00 pm / 7:00 pm MT

<https://parentguidance.org/mhsindex>

MON	TUE	WED	THU
	1 Tools to Support Your Child's Mental Health - Kickoff	2 Helping Your Child Succeed - Three Parenting Styles	3 Emotional Regulation: Recognizing What's Wrong
7 <i>Watch With Us!</i> Bullying - Stop the Cycle 5:00 pm MT 7:00 pm MT	8 Establishing Healthy Boundaries	9 Parenting through Anxiety & Depression	10 Understanding Loneliness in Children
14 How to Motivate Your Child	15 Social Media: Protecting Your Child	16 Understanding Your LGBTQ+ Child	17 Navigating Divorce When Children are Involved
21 Emotional Regulation: Interrupting Negative Emotions	22 ABCs of Substance Use & Vaping	23 Building Your Child's Confidence	24 Supporting Your Child After Trauma
28 Emotional Regulation: Strategies to Replace Negative Emotions	29 <i>Watch With Us!</i> 5:00 pm MT 7:00 pm MT Mindfulness for Improved Mental Health	30 Why Our Children Self-Harm	

October 23, 2024
Ask A Therapist LIVE
6:00 PM MST /
8:00 PM EST

Or register at <https://parentguidance.org/mhsindex>

For registration support, contact: info@cookcenter.org