

PARENT GUIDANCE

MENTAL HEALTH SERIES



In response to parent concerns about student health and well-being, Mountainair Public Schools is partnering with ParentGuidance.org to deliver presentations developed by licensed therapists. This series will be virtual, interactive, and is designed to help parents and caregivers support students. Registration, attendance and interactions are kept totally anonymous from other viewers.

TIME: 6:00-7:00 PM via Zoom

To Register Early...scan the QR code or click the link

TUES. AUG 22

"Supporting Your Child's Mental Health (Kickoff)"



<http://cookcenter.info/Aug22Mntnr>

TUES. JAN 16

"The ABCs of Substance Use and Vaping"



<http://cookcenter.info/Jan16Mountainair>

TUES. SEPT 19

"Emotional Regulation - Recognizing What's Wrong"



<http://cookcenter.info/Sep19Mntnr>

TUES. JAN 30

"Effects of Screen Time & Your Child's Mental Health"



<http://cookcenter.info/Jan30Mountainair>

TUES. OCT 3

"Understanding Eating Disorders"



<http://cookcenter.info/Oct3Mountainair>

TUES. FEB 20

"Social Media: Protecting Your Child"



<http://cookcenter.info/Feb20Mountainair>

TUES. OCT 17

"Depression - You're Not Alone"



<http://cookcenter.info/Oct17Mountainair>

TUES. MAR 12

"Understanding Gaming Addiction"



<http://cookcenter.info/Mar12Mountainair>

TUES. NOV 21

"Your Child's Anxiety"



<http://cookcenter.info/Nov21Mountainair>

TUES. APR 16

"How to Motivate Your Child"



<http://cookcenter.info/Apr16Mountainair>

TUES. DEC 12

"What Parents Need to Know About Suicide Prevention"



<http://cookcenter.info/Dec12Mountainair>

TUES. MAY 14

"Why Our Children Self Harm"



<http://cookcenter.info/May14Mountainair>

For registration information, contact Superintendent Dawn Apodaca at dapodaca@mpschoools.net

