ParentGuidance.org

December

MENTAL HEALTH SERIES

Educate. Inform. Empower.

START TIMES
6:00pm and 8:00pm CT

Explore this month's virtual sessions covering today's most important parenting topics. Join as many as you'd like!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
1 How to Motivate Your Child	**2** Building Your Child's Confidence	**3** Establishing Healthy Boundaries	**4** Social Media: Protecting Your Child
8 Emotional Regulation: Interrupting Negative Emotions	**9** Your Child's Anxiety	**10** Effects of Screen Time and Children's Mental Health	**11** Emotional Regulation: Strategies to Replace Negative Emotions
15 Compassionate Parenting & Self-Compassion	**16** Depression: You're Not Alone	**17** Grief: The Healing Process after Loss	**18** Navigating Divorce When Children are Involved
22	**23**	**24**	**25**
29	**30**	**31**	

ASK A THERAPIST LIVE

Dec 9 @ 7:00pm • Register @ cookcenter.info/ATLDec9

DISCOVER THE MENTAL HEALTH SERIES. SCAN OR VISIT

parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org
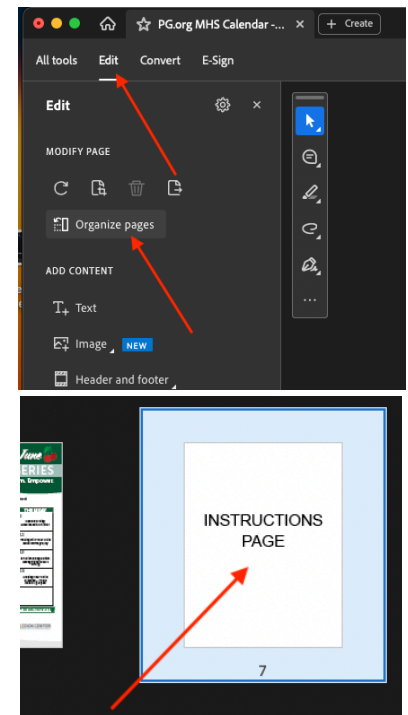
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2. In the Select Image popup, click **Browse…**

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4. You will see a preview of your selected logo

5. Click **Ok** to insert the image

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