



EDUCATE • INFORM • EMPOWER



*Virtual Events!*

Our focus this month is

Each session is open to everyone.

Join any session this month!

Start Times: 6:00 pm / 8:00 pm CST

Emotional Regulation:  
Interrupting Negative Emotions  
Monday: October 21st  
6:00 pm & 8:00 pm CST



To Register - scan or go to:  
<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 Bullying - Stop the Cycle	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 <i>Watch With Us!</i> 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 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](mailto:info@cookcenter.org)