

Virtual Events!

MENTAL HEALTH SERIES

FEBRUARY

EDUCATE • INFORM • EMPOWER



Our focus this month is

Each session is open to everyone.

Join any session this month!



Your Child's Anxiety
Monday, February 3rd
6:00 pm & 8:00 pm CT



To Register for ANY topic - scan or go to:
<https://parentguidance.org/mhsindex>

Start Times: 6:00 pm & 8:00 pm CT

MON	TUE	WED	THU
3 <i>Watch With Us!</i> 6:00 pm CT 8:00 pm CT Your Child's Anxiety	4 Navigating Divorce When Children are Involved	5 Understanding Eating Disorders	6 Tools to Support Your Child's Mental Health - Kickoff
10 Understanding Loneliness in Children	11 How to Motivate Your Child	12 What Parents Need to Know About Suicide Prevention	13 Recognizing Child Abuse
17	18 School Avoidance	19 Talking with Your Child About Pornography	20 Social Media: Protecting Your Child
24 Emotional Regulation: Recognizing What's Wrong	25 Helping Your Child Succeed - Three Parenting Styles	26 Effects of Screen Time and Children's Mental Health	27 Establishing Healthy Boundaries

英華 | YINGHUA ACADEMY

Or register at
<https://parentguidance.org/mhsindex>
For registration support, contact:
info@cookcenter.org

Ask A Therapist LIVE
February 19th
7:00 PM CT
<https://cookcenter.info/ATLFeb19>