

MENTAL HEALTH SERIES

DECEMBER

EDUCATE • INFORM • EMPOWER



Virtual Events!



Our focus this month is

Each session is open to everyone.

Join any session this month!

**Emotional Regulation:
Recognizing What's Wrong**

Wednesday, December 4th

7:00 pm & 9:00 pm ET

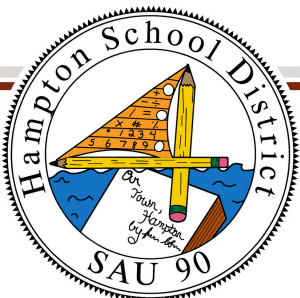


To Register - scan or go to:

<https://parentguidance.org/mhsindex>

Start Times: 7:00 pm / 9:00 pm ET

MON	TUE	WED	THU
2 Navigating Divorce When Children Are Involved	3 Body Image - Loving the Skin You're In	4 <i>Watch With Us!</i> 7:00 pm ET 9:00 pm ET Emotional Regulation: Recognizing What's Wrong	5 Your Child's Anxiety
9 Establishing Healthy Boundaries	10 Grief: The Healing Process After Loss	11 Building Your Child's Confidence	12 Depression: You're Not Alone
16 Understanding Eating Disorders	17 Compassionate Parenting & Self-Compassion	18 What Parents Need to Know About Suicide Prevention	19 Social Media: Protecting Your Child
23	24	25	26



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

For registration support, contact: info@cookcenter.org

December 11, 2024
Ask A Therapist LIVE
6:00 PM MT /
8:00 PM ET