



MENTAL HEALTH SERIES

Educate. Inform. Empower.

START TIMES

7:00pm HT

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
2 Everyday Happiness	3	4 School Avoidance	5
9	10 Effects of Screen Time and Children's Mental Health	11 	12 Mindfulness for Improved Mental Health
16 Understanding Loneliness in Children	17	18 Parenting through Anxiety & Depression	19
23	24  Talking with Your Child About Pornography	25	26 Emotional Regulation: Strategies to Replace Negative Emotions
30	31		



ASK A THERAPIST LIVE

March 24 @ 2pm • Register at cookcenter.info/ATLMar24



WATCH TOGETHER SERIES

March 11 @ 2pm • Register @ cookcenter.info/WTPMarch



DISCOVER THE MENTAL HEALTH SERIES. SCAN OR VISIT

parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org



Support Student Well-Being and Mental Health
Hawai'i State Department of Education