

# 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                          |
|--|---|---|-----------------------------------|
|  |   | 1   | 2                                 |
| 6<br>Social Media:<br>Protecting Your<br>Child | 7   | 8<br><br>Tools to Support<br>Your Child's Mental<br>Health | 9                                 |
| 13   | 14<br>ABCs of<br>Substance Use<br>& Vaping  | 15  | 16<br>Bullying: Stop<br>the Cycle |
| 20<br>How to Motivate<br>Your Child            | 21<br> | 22<br>Parenting Through<br>Anxiety &<br>Depression  | 23                                |
| 27   | 28<br>Supporting Your<br>LGBTQ+ Child   | 29  | 30<br>Recognizing<br>Child Abuse  |



**ASK A THERAPIST LIVE**

April 21 @ 2pm • Register at [cookcenter.info/ATLApr21](https://cookcenter.info/ATLApr21)



**WATCH TOGETHER SERIES**

April 8 @ 2pm • Register @ [cookcenter.info/WTPApril](https://cookcenter.info/WTPApril)



**DISCOVER THE MENTAL HEALTH  
SERIES. SCAN OR VISIT**

[parentguidance.org/mhs-catalog/](https://parentguidance.org/mhs-catalog/)

For support, contact: [info@cookcenter.org](mailto:info@cookcenter.org)



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