

# 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
4  Compassionate Parenting & Self-Compassion	5	6  Supporting Your Child After Trauma	7
11	12   Effects of Screen Time and Children's Mental Health	13 	14  Your Active Child: ADHD
18  Emotional Regulation: Recognizing What's Wrong	19	20  Navigating Divorce When Children Are Involved	21
25	26  What Parents Need to Know About Suicide Prevention	27	28  De-escalating Cycles of Conflict



**ASK A THERAPIST LIVE**

May 12 @ 2pm • Register at [cookcenter.info/ATLMay12](https://cookcenter.info/ATLMay12)



**WATCH TOGETHER SERIES**

May 13 @ 2pm • Register @ [cookcenter.info/WTPMay](https://cookcenter.info/WTPMay)



**DISCOVER THE MENTALHEALTH 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