

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 Social Media: Protecting Your Child	2	3 Why Our Children Self-Harm	4
8	9  Establishing Healthy Boundaries	10	11 Building Your Child's Confidence
15 Supporting Your LGBTQ+ Child	16	17  School Avoidance	18
22	23 Body Positivity: Nurturing Self-Image	24	25 Emotional Regulation - Interrupting Negative Emotions

 **ASK A THERAPIST LIVE** June 9 @ 2pm • Register at cookcenter.info/ATLJune9

 **WATCH TOGETHER SERIES** June 17 @ 2pm • Register @ cookcenter.info/WTPJune



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