


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
6 Everyday Happiness	7	8 Compassionate Parenting & Self-Compassion	9
13	14 Depression - You're Not Alone	15	16 Understanding Eating Disorders
20 Your Active Child: ADHD	21 	22 How to Motivate Your Child	23
27	28 Recognizing Child Abuse	29	30 Emotional Regulation - Strategies to Replace Negative Emotions



ASK A THERAPIST LIVE

July 21 @ 2pm • Register at cookcenter.info/ATLJuly21



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parentguidance.org/mhs-catalog/

For support, contact: info@cookcenter.org

