

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
3 Mindfulness for Improved Mental Health	4	5 Helping Your Child Succeed - Three Parenting Styles	6
10	11 Grief - The Healing Process After Loss	12 	13 Talking with Your Child about Pornography
17 Bullying - Stop the Cycle	18	19 Talking with Your Child about Pornography	20
24	25  Body Positivity: Nurturing Self-Image	26	27 Parenting Through Anxiety & Depression



ASK A THERAPIST LIVE

Aug. 25 @ 2pm • Register at cookcenter.info/ATLAug25



WATCH TOGETHER SERIES

Aug. 12 @ 2pm • Register @ cookcenter.info/WTPAugust



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