

MENTAL HEALTH SERIES

PRACTICAL TOOLS, STRONGER FAMILIES.

*Real Support
for Everyday
Parenting* 



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 Bullying - Stop the Cycle
5 How to Motivate Your Child	6	7 Your Child's Anxiety	8
12	13 What Parents Need to Know About Suicide Prevention	14	15 Understanding Loneliness in Children
19 Social Media: Protecting Your Child	20	21 Milestones to Progress: Supporting Growth and Gaps in Early Childhood	22
26	27  Effects of Screen Time & Your Child's Mental Health	28	29 Vaping: Awareness, Prevention, and Support



DISCOVER THE MENTAL HEALTH SERIES
SCAN OR VISIT
parentguidance.org/mhs-catalog

