

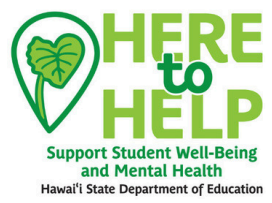
Virtual Events!

# MENTAL HEALTH SERIES

## MAY



EDUCATE • INFORM • EMPOWER



### WHAT YOU NEED - WHEN YOU NEED IT - HOW YOU NEED IT

Join our **LIVE** caregiver webinars developed by licensed therapists.

- Events are virtual, interactive, and designed to help caregivers support their child.
- Registration, attendance, and interactions are anonymous from other viewers.



Start Time: 7:00 pm HST

To Register for ANY topic - scan or go to:  
<https://parentguidance.org/mhsindex>

MON	TUE	WED	THU
			<b>1</b> <i>Watch With Us!</i> Your Child's Anxiety
<b>5</b> Your Active Child: ADHD	<b>6</b>	<b>7</b> Understanding Eating Disorders <b>Ask A Therapist LIVE</b> <b>2:00 PM HST</b>	<b>8</b>
<b>12</b>	<b>13</b> Navigating Divorce When Children are Involved	<b>14</b>	<b>15</b> Grief - The Healing Process After Loss
<b>19</b> Effects of Screen Time and Children's Mental Health	<b>20</b>	<b>21</b> Supporting Your LGBTQ+ Child	<b>22</b>
<b>26</b>	<b>27</b> Everyday Happiness	<b>28</b>	<b>29</b> Understanding Video Game Addiction

Or register at  
<https://parentguidance.org/mhsindex>

For registration support, contact:  
[info@cookcenter.org](mailto:info@cookcenter.org)