Parent Guidance.org

October

MENTAL HEALTH SERIES

PRACTICAL TOOLS, STRONGER FAMILIES.

Real Support for Everyday Parenting

START TIMES
7:00pm and 9:00pm ET

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 Tools to Support Your Child's Mental Health
5 Your Child's Anxiety	6 Vaping: Awareness, Prevention, & Support	7 Helping Your Child Succeed: Three Parenting Styles	8 What Parents Need to Know About Suicide Prevention
12 Columbus Day	13 Emotional Regulation: Recognizing What's Wrong	14 Effects of Screen Time on Your Child's Mental Health	15 De-escalating Cycles of Conflict
19 Social Media: Protecting Your Child	20 Body Positivity: Nurturing Self-Image	21 Understanding Loneliness in Children	22 School Avoidance
26 Compassionate Parenting & Self-Compassion	27 Ask A THERAPIST Live! Supporting Your LGBTQ Child	28 Establishing Healthy Boundaries	29 Bullying: Stop the Cycle

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