



2022-23 Mental Health Series topics currently available

Supporting Your Child's Mental Health

Your Child's Anxiety

Depression: You're Not Alone

What Parents Need to Know About Suicide Prevention

Building Your Child's Confidence

Helping Your Child Succeed – Three Parenting Styles

Social Media: Protecting Your Child

De-escalating Cycles of Conflict

Why Our Children Self-Harm

Establishing Healthy Boundaries with Your Kids

Emotional Regulation - Recognizing What's Wrong part 1

Emotional Regulation - Interrupting Negative Emotions part 2

Emotional Regulation - Managing & Replacing Negative Emotions part 3

Everyday Happiness

Bullying – Stop the Cycle

Grief: The Healing Process After Loss

Effects of Screen Time & Children's Mental Health

Mindfulness for Improved Mental Health

Additional Mental Health Series topics being developed

Coming Winter 2022-23

ABC's of Overcoming Substance Use

School Avoidance

Talking with Your Child About Pornography

Coming Spring 2023

Eating Disorders

Compassionate Parenting & Self-compassion

How to Motivate your Child

Navigating Divorce When Children Are
Involved

Your Active Child: ADHD

Supporting Your LGBTQ+ Child

Recognizing Child Abuse