

PARENT GUIDANCE

MENTAL HEALTH SERIES



Pickaway ESC invites all parents and caregivers to join in the conversation on the **4th Tuesday** of every month...**year round!**
Discover the power you have to shape your child's mental health.

TIME: 7:00-8:00 PM via Zoom

To Register Early...scan the QR code or click the link

TUES. SEPT 27, 2022

"Social Media:
Protecting Your Child"



<https://cookcenter.info/PickawaySept27>

TUES. OCT 25, 2022

"Your Child's Anxiety"



<https://cookcenter.info/PickawayOct25>

TUES. NOV 22, 2022

"Establishing Healthy
Boundaries"



<https://cookcenter.info/PickawayNov22>

TUES. JAN 24, 2023

"De-escalating Cycles
of Conflict"



<https://cookcenter.info/PickawayJan24>

TUES. FEB 28, 2023

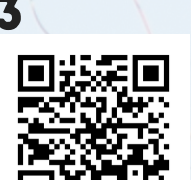
"Everyday Happiness"



<https://cookcenter.info/PickawayFeb28>

TUES. MARCH 28, 2023

"School Avoidance"



<https://cookcenter.info/PickawayMarch28>

TUES. APRIL 25, 2023

"ABCs of Substance Abuse"



<https://cookcenter.info/PickawayApril25>

TUES. MAY 23, 2023

"Grief - The Healing Process
After Loss"



<https://cookcenter.info/PickawayMay23>

TUES. JUNE 27, 2023

"Emotional Regulation #1:
Recognizing What's Wrong"



<https://cookcenter.info/PickawayJune27>

TUES. JULY 25, 2023

"Emotional Regulation #2:
Interrupting Negative
Emotions"



<https://cookcenter.info/PickawayJuly25>

TUES. AUG 22, 2023

"Emotional Regulation #3:
Managing & Replacing
Negative Emotions"



<https://cookcenter.info/PickawayAug22>

TUES. SEPT 26, 2023

"Depression - What You
Need to Know"



<https://cookcenter.info/PickawaySept26>

For more information please contact **Rachelle Cooksey** at
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