



COOK CENTER FOR
HUMAN CONNECTION

Mental Health Series

Webinars with a variety of topics applicable to the needs of parents and kids in your schools.

Mental Health Series topics available:

Your Child's Anxiety*

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*

Emotional Regulation -
Recognizing What's Wrong*

Emotional Regulation -
Interrupting Negative Emotions

Emotional Regulation -
Managing & Replacing Negative Emotions

Bullying – Stop the Cycle*

Everyday Happiness

Your Active Child: ADHD

Depression – You're Not Alone*

The ABCs of Substance Use & Vaping*

Understanding Eating Disorders

Navigating Divorce When Children are Involved

Grief – The Healing Process after Loss*

School Avoidance

Supporting Your Child after Trauma

Talking with Your Child about Pornography

Effects of Screen Time &
Your Child's Mental Health

Supporting Your Child's Mental Health (Kickoff)

How to Motivate Your Child

Supporting Your LGBTQ+ Child

Compassionate Parenting & Self-Compassion

Recognizing Child Abuse

Understanding Gaming Addiction

** also offered in Spanish*





COOK CENTER FOR
HUMAN CONNECTION

Mental Health Series Spanish

Webinars with a variety of topics applicable to the needs of parents and kids in your schools.

Mental Health Series topics available in Spanish:

Your Child's Anxiety

Bullying-Stop the Cycle

De-escalating Cycles of Conflict

Emotional Regulation:
Recognizing What's Wrong

Building Your Child's Confidence

Grief - The Healing Process After Loss

Depression - You're Not Alone

Social Media-Protecting Your Child

Why Our Children Self-harm

Helping Your Child Succeed –
Three Parenting Styles

What Parents Need to Know
About Suicide Prevention

Substance Use & Vaping

Establishing Healthy Boundaries

