

PARENT GUIDANCE

MENTAL HEALTH SERIES



In response to parent concerns about student health and well-being, Mental Health & Recovery Board of Union County is partnering with ParentGuidance.org to deliver presentations developed by licensed therapists. This series will be virtual, interactive, and is designed to help parents and caregivers support students. Registration, attendance and interactions are kept totally anonymous from other viewers.

TIME: 6:30-7:30 PM via Zoom

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

WED. SEPT 6

"Supporting Your Child's Mental Health"



<http://cookcenter.info/Sep6MHRB>

WED. JAN 17

"What Parents Need to Know About Suicide Prevention"



<http://cookcenter.info/Jan17MHRB>

WED. SEPT 20

"Emotional Regulation: Recognizing What's Wrong"



<http://cookcenter.info/Sep20MHRB>

WED. FEB 7

"De-escalating Cycles of Conflict"



<http://cookcenter.info/Feb7MHRB>

WED. OCT 18

"Emotional Regulation: Interrupting Negative Emotions"



<http://cookcenter.info/Oct18MHRB>

WED. MAR 20

"Substance Use & Vaping"



<http://cookcenter.info/Mar20MHRB>

WED. NOV 1

"Effects of Screen Time"



<http://cookcenter.info/Nov1MHRB>

WED. APRIL 17

"Depression - You're Not Alone"



<http://cookcenter.info/Apr17MHRB>

WED. NOV 15

"School Avoidance"



<http://cookcenter.info/Nov15MHRB>

WED. MAY 15

"Why Our Children Self-Harm"



<http://cookcenter.info/May15MHRB>

WED. DEC 13

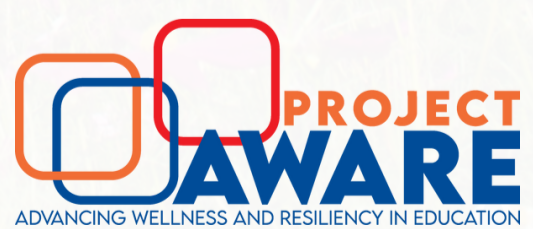
"Establishing Healthy Boundaries"



<http://cookcenter.info/Dec13MHRB>



mental health & recovery board
UNION COUNTY



ADVANCING WELLNESS AND RESILIENCY IN EDUCATION

**For registration information, contact
Randi Bargo-Smith at randi@mhrbuc.org**