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. NOV 22, 2022**
“Establishing Healthy Boundaries”
https://cookcenter.info/PickawayNov22

**TUES. FEB 28, 2023**
“Everyday Happiness”
https://cookcenter.info/PickawayFeb28

**TUES. APRIL 25, 2023**
“ABCs of Substance Abuse”
https://cookcenter.info/PickawayApril25

**TUES. JUNE 27, 2023**
“Emotional Regulation #1: Recognizing What’s Wrong”
https://cookcenter.info/PickawayJune27

**TUES. AUG 22, 2023**
“Emotional Regulation #3: Managing & Replacing Negative Emotions”
https://cookcenter.info/PickawayAug22

**TUES. OCT 25, 2022**
“Your Child’s Anxiety”
https://cookcenter.info/PickawayOct25

**TUES. JAN 24, 2023**
“De-escalating Cycles of Conflict”
https://cookcenter.info/PickawayJan24

**TUES. MARCH 28, 2023**
“School Avoidance”
https://cookcenter.info/PickawayMarch28

**TUES. MAY 23, 2023**
“Grief - The Healing Process After Loss”
https://cookcenter.info/PickawayMay23

**TUES. JULY 25, 2023**
“Emotional Regulation #2: Interrupting Negative Emotions”
https://cookcenter.info/PickawayJuly25

**TUES. SEPT 26, 2023**
“Depression - What You Need to Know”
https://cookcenter.info/PickawaySept26

For more information please contact Rachelle Cooksey at rcooksey@pickawaycountyohio.gov