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

**Coming Spring 2023**
Eating Disorders
Compassionate Parenting & Self-compassion
How to Motivate your Child
Navigating Divorce When Children Are Involved

Talking with Your Child About Pornography
Your Active Child: ADHD
Supporting Your LGBTQ+ Child
Recognizing Child Abuse