

PARENT GUIDANCE

MENTAL HEALTH SERIES



In an effort to proactively support students' overall well-being, Harford County Public Schools is partnering with ParentGuidance.org to deliver monthly webinars 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: See various times below via Zoom
To Register Now...scan the QR code

WED. SEPT. 11 "Social Media: Protecting
12:00-1:00 pm Your Child"

<https://cookcenter.info/Sep11Harford>



WED. OCT. 16 "Understanding Video
6:30-7:30 pm Game Addiction"

<https://cookcenter.info/Oct16Harford>



WED. NOV. 20 "School Avoidance"
12:00-1:00 pm

<https://cookcenter.info/Nov20Harford>



WED. DEC. 18 "Helping Your Child
6:30-7:30 pm Succeed"

<https://cookcenter.info/Dec18Harford>



WED. JAN. 22 "Emotional Regulation—
12:00-1:00 pm Recognizing What's Wrong"

<https://cookcenter.info/Jan22Harford>



WED. FEB. 19 "Emotional Regulation—
6:30-7:30 pm Interrupting Negative Emotions"

<https://cookcenter.info/Feb19Harford>



For registration information,
contact Mary Beth Stapleton at
Mary.Stapleton@hcps.org

