# 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 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: 12:00-1:00 PM***

**To Register Early...**

**Click the link or scan the QR code**

### WED. OCT. 15

**"Your Child's Anxiety"**

https://cookcenter.info/Oct15Harford

### WED. NOV. 19

**"Establishing Healthy Boundaries"**

https://cookcenter.info/Nov19Harford

### WED. DEC. 17

**"School Avoidance"**

https://cookcenter.info/Dec17Harford

### WED. JAN. 21

**"Bullying—Stop the Cycle"**

https://cookcenter.info/Jan21Harford

### WED. FEB. 18

**"What Parents Need to Know about Suicide Prevention"**

https://cookcenter.info/Feb18-Harford

### WED. MARCH 18

**"Everyday Happiness"**

https://cookcenter.info/Mar18Harford

### WED. APRIL 15

**"ABCs of Substance Use & Vaping"**

https://cookcenter.info/Apr15Harford

HARFORD COUNTY PUBLIC SCHOOLS

Inspire • Prepare • Achieve

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