

PARENT GUIDANCE

MENTAL HEALTH SERIES



In response to parent concerns about student health and well-being, Clermont County ESC 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: 7:00-8:00 PM via Zoom

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

MON. AUG 7, 2023

"Supporting Your Child's Mental Health"

<https://cookcenter.info/CCAUG7>



TUES. FEB 6, 2024

"School Avoidance"

<https://cookcenter.info/Feb6CC>



MON. SEP 11, 2023

"Your Child's Anxiety"

<https://cookcenter.info/Sep11CC>



WED. MAR 6, 2024

"How to Motivate Your Child"

<https://cookcenter.info/Mar6CC>



MON. OCT 2, 2023

"What Parents Need to Know About Suicide Prevention"

<https://cookcenter.info/Oct2CC>



WED. APR 3, 2024

"Emotional Regulation 1 - Recognizing What's Wrong"

<https://cookcenter.info/Apr3CC>



MON. NOV 6, 2023

"De-escalating Cycles of Conflict"

<https://cookcenter.info/Nov6CC>



WED. MAY 1, 2024

"Emotional Regulation 2 - Interrupting Negative Emotions"

<https://cookcenter.info/May1CC>



MON. DEC 4, 2023

"Compassionate Parenting & Self-Compassion"

<https://cookcenter.info/Dec4CC>



WED. JUN 5, 2024

"Effects of Screen Time"

<https://cookcenter.info/Jun5CC>



MON. JAN 8, 2024

"Your Active Child: ADHD"

<https://cookcenter.info/Jan8CC>



WED. JUL 10, 2024

"Establishing Healthy Boundaries"

<https://cookcenter.info/Jul10CC>



For registration information, contact Jeff Weir at weir_j@ccesc.org

