

PROACTIVE PARENTING

A VIRTUAL MENTAL HEALTH INITIATIVE

Join us for an insightful parent mental health education webinar held on the second Thursday of each month
12:00 PM to 12:50 PM CST

OCT 8	Depression and Anxiety
NOV 12	Grief & Loss During the Holidays
DEC 10	Seasonal Affective Disorder & Staying Connected
JAN 14	Post-Holiday Recovery
FEB 11	Suicide Awareness & Non-Suicidal Self-Injury
MAR 11	Effects of Sleep on Mental Health
APR 8	Text Anxiety
MAY 13	Support During Summer Months

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