



# Mental Health Family Night

## FIND ANSWERS TO HELP YOUR CHILD

This might be the most important event of the year for all parents! Support your child's mental health and wellness by joining us for an informative event for parents and educators. Ask questions of leading family therapists and take advantage of a free resource to help parents with important topics such as identifying anxiety, depression, grief, suicide ideation and parenting with purpose.



Note: Use of this program is confidential

Join us for a  
virtual event

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Wednesday  
November 3

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6:00-7:00pm

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Register now:

[https://cookcenter.info/  
NeboNov3](https://cookcenter.info/NeboNov3)

ParentGuidance.org

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