

PARENT GUIDANCE

MENTAL HEALTH SERIES



In an effort to proactively support students' overall well-being, Southfield 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: 7:00 – 8:00 pm via Zoom
To Register Now...scan the QR code

THURS. MAY 2 “Emotional Regulation 1—
Recognizing What’s
Wrong”

<https://cookcenter.info/May2Southfield>



THURS. MAY 9 “Emotional Regulation 2—
Interrupting Negative
Emotions”

<https://cookcenter.info/May9Southfield>



THURS. MAY 16 “Emotional Regulation 3—
Strategies to Replace
Negative Emotions”

<https://cookcenter.info/May16Southfield>



THURS. MAY 23 “ABCs of Substance
Use and Vaping”

<https://cookcenter.info/May23Southfield>



THURS. MAY 30 “Effects of Screen Time”

<https://cookcenter.info/May30Southfield>



For registration information,
contact Paula Lightsey at
paula.lightsey@southfieldk12.org



**Southfield
Public Schools**

Scholars Positioned for Success