

PARENT GUIDANCE

MENTAL HEALTH SERIES



In response to parent concerns about student health and well-being, Fairfield 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 14, 2023

"Helping Your Child Succeed - Three Parenting Styles"



<http://cookcenter.info/Aug14Frfld>

MON. JAN 8, 2024

"School Avoidance"



<http://cookcenter.info/Jan8Frfld>

MON. SEP 11, 2023

"Your Child's Anxiety"



<http://cookcenter.info/Fr fldSep11>

MON. JAN 22, 2024

"How to Motivate Your Child"



<http://cookcenter.info/Jan22Fr fld>

MON. OCT 9, 2023

"Your Active Child: ADHD"



<http://cookcenter.info/Oct9Fr fld>

MON. FEB 12, 2024

"De-escalating Cycles of Conflict"



<http://cookcenter.info/Feb12Fr fld>

MON. OCT 23, 2023

"Building Your Child's Confidence"



<http://cookcenter.info/Oct23Fr fld>

MON. MAR 11, 2024

"Everyday Happiness"



<http://cookcenter.info/Mar11Fr fld>

MON. NOV 13, 2023

"What Parents Need to Know About Suicide Prevention"



<http://cookcenter.info/Nov13Fr fld>

MON. APRIL 8, 2024

"Establishing Healthy Boundaries"



<http://cookcenter.info/Apr8Fr fld>

MON. DEC 11, 2023

"Depression: You're Not Alone"



<http://cookcenter.info/Dec11Fr fld>

MON. MAY 13, 2024

"Social Media - Protecting Your Child"



<http://cookcenter.info/May13Fr fld>

For registration information, contact
Cristin O'Riordan at co'riordan@fairfieldesc.org

 Fairfield County
Educational Service Center