

LIVINGSTON COUNTY'S PARENT GUIDANCE MENTAL HEALTH SERIES



In an effort to proactively support students' overall well-being, Livingston County 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. Attendance and interactions are kept totally anonymous from other viewers.

TIME: 6:30-7:30 pm
via Zoom or district locations

**To join a session, scan the QR code
or click the link**

- Brighton - High School STEAM Ctr
- Fowlerville - High School Media Ctr
- Hartland - High School Collaboration Ctr
- Howell - Freshman Campus Cafeteria
- Pinckney - High School Pirate Union

NOV. 9 2023

“Your Child's Anxiety”

<https://cookcenter.info/Nov9Livingston>



DEC. 14 2023

“School Avoidance”

This session begins at 6:00 pm

<https://cookcenter.info/Dec14Livingston>



JAN. 11 2024

“Effects of Screen Time”

<https://cookcenter.info/Jan11Livingston>



FEB. 8 2024

**“Building Your Child's
Confidence”**

<https://cookcenter.info/Feb8Livingston>



MARCH 14 2024

“Bullying - Stop the Cycle”

<https://cookcenter.info/March14Livingston>



APRIL 11 2024

**“ABCs of Substance Use &
Vaping”**

<https://cookcenter.info/April11Livingston>



For questions, email: contactus@livingstonesa.org