



**Parent
Guidance.org**

**We help educators
help parents
help their children**



Scan Here to Add a Medallion to Your School Website

ParentGuidance.org is made available to your district through a generous on-going grant from the Cook Center for Human Connection.

By Adding the Medallion to Your School Website:

- At no-cost your parents access courses taught by licensed therapists
- You signal to your families that you are committed to their mental well-being
- You give parents of your students the tools to have meaningful conversations at home with their families

The Cook Center for Human Connection Mission:

Our mission is to bring together the best organizations, programs and products to prevent suicide, provide mental health support, and enhance human connections essential for people to thrive.



COOK CENTER FOR
HUMAN CONNECTION

www.cookcenter.org | contact@cookcenter.org



Mental Health Resources for Parents

Too often, parents can't find accurate information for the specific questions they have about parenting and mental health. ParentGuidance.org is a mental health resource giving parents the tools to have important conversations at home.



ParentGuidance.org is made available to your district through a generous on-going grant from the Cook Center for Human Connection. Parents receive at no-cost:

- Online on-demand courses taught by licensed therapists
- National family mental health nights hosted by trained professionals
- User-generated Ask a Therapist questions and answers

Families are
10X
more likely to
access mental health
services through
their school

80%
of families rely on
schools for their
children's mental
health support

1 in 7
US kids and teens
experience mental
health disorders

50%
of parents worry
that their child is
struggling but don't
know what to do



1:1 Coaching for Parents

- Private, one-on-one coaching sessions with a trained professional
- Weekly, 30-minute calls to help parents address the specific challenges their child is facing
- 24/7 access via text or email



Mental Health Series

- Monthly virtual seminars addressing parenting challenges
- Topically driven subjects, with courses created by licensed therapists their child is facing
- Customization to address area needs administration feel will be most impactfull



Professional Development for Staff

- Focus on the mental wellness of students and staff
- Full-day onsite interactive workshops focusing on mental health
- Virtual workshops, QPR training, and certification for suicide prevention