



COOK CENTER FOR
HUMAN CONNECTION

Cook Center Services

The Cook Center for Human Connection partners with schools, districts, and organizations across the United States to bring mental health resources to your community. Our focus is strengthening human connection and providing avenues to mental health support for those in need.



ParentGuidance.org

On-demand resources that guide parents as they help their children's mental health.



Mental Health Series

Webinars with a variety of topics applicable to the needs of parents and kids in your schools.



1:1 Parent Coaching

A personalized approach to help parents with their family's specific needs.



My Life is Worth Living

First-ever animated series about mental health and suicide prevention.



Professional Development

Virtual or onsite training that focuses on topics relevant to the unique needs of your staff.



ParentGuidance.org

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

Free Resources

ParentGuidance.org helps parents find answers to help guide their child.

50+ On-demand Courses

Led by licensed therapists and clinicians who provide trusted and specialized courses. Discover the power you have to shape your child's well-being.

Ask A Therapist

Find 30+ mental health questions submitted by parents, answered by licensed therapists.



Get free access at
www.ParentGuidance.org

