

## [ParentGuidance.org](https://www.parentguidance.org): a Mental Health Resource for Families in Your District

Hello All,

I am happy to tell you all about a no-cost parent resource to help with the mental health of families in Colorado.

### A No-Cost Parent Resource for Families in Your District to Support Student Mental Health

Parents can provide invaluable support for their children's mental health. Often parents don't know what to say or how to talk their kids about difficult topics -- suicide ideation, depression, anxiety and many other things that our children are facing today. For that reason, many districts have already partnered with [ParentGuidance.org](https://www.parentguidance.org) and I wanted to make sure that all Colorado districts know of this resource. ParentGuidance.org was designed to *help educators help parents help their children* by providing expert mental health education to families through their school and district websites and parent portals.

ParentGuidance.org is provided by [The Cook Center for Human Connection](https://www.cookcenter.org), a nonprofit foundation. Parents can go to [ParentGuidance.org](https://www.parentguidance.org) where they will receive the following:

- Free Online On-Demand Courses - taught by licensed therapists
- State-Wide Introductory Family Mental Health Night on \_\_\_\_\_, 2024 - hosted by trained professionals
- Access to *Ask a Therapist* - user submitted questions and clinician responses

### Exclusive Offer to Colorado Schools from ParentGuidance.org

I had the pleasure recently of meeting Anne Brown, CEO/President of The Cook Center for Human Connection, and her Colorado team. She has offered to expedite delivering links (in the form of medallions) for any Colorado school or district to place on your district and school websites - providing Colorado parents expedited access to these resources.





Additionally, Anne has offered to provide a Family Mental Health Night to all districts who add the medallion to their website. This is a virtual one-hour introduction of the ParentGuidance.org resources that will inform your families how to find the medallion on your website, plus teach the families how to access the resources. CASB will coordinate this in May 2024.

## How to Get Started with ParentGuidance.org for Your Schools

If you are interested in having your parents get access to these resources - [CLICK HERE](#)

The Cook Center will setup a meeting to provide you with:

- Medallion Files
- Link Information
- Communication Materials
- Best Practices for Maximizing Materials
- Access to all of the Mental Health Resources from Cook Center for Human Connection

CASB is proud to partner and sponsor this free resource for Colorado School Districts, and we hope that your school community will find these resources valuable.

Sincerely,

*Jubal C. Yennie*

Jubal C. Yennie, Executive Director  
Colorado Association of School Boards