



## **[ParentGuidance.org](#): a Mental Health Resource for Families in Your District**

The Colorado BOCES Association is pleased to share with BOCES and their member districts a no-cost parent resource to support mental health and wellness. We encourage you to share these resources with your partner districts.

**[ParentGuidance.org](#)** is free to all staff, parents, and families in your districts.

ParentGuidance.org is a service developed by licensed therapists that provides trusted and specialized courses, professional support, and a safe community to learn how to support our children and get answers to mental health questions.

Our hope is that ParentGuidance.org will give concerned parents a place to go for answers to support and help their children struggling with depression, anxiety, and family strife, as well as provide tools for forming stronger bonds between parents and their children.

If you have parents who seem to be struggling or overwhelmed, please remind them of this site where they can get trusted resources. ParentGuidance.org is free and confidential.

### How to Get Started with **[ParentGuidance.org](#)**

If you are interested in having your districts and parents, get access to these resources visit The Cook Center: **<https://cookcenter.org/>** which will setup a meeting to provide you with all the resources you need to provide this valuable resource to parents in your district/BOCES.

CBA is proud to partner and sponsor this free resource for Colorado School Districts, and we hope that you will find these resources valuable.

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