MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Courage, Character, and Self-Esteem

What do character, courage, and self-esteem mean? We will discuss the meanings of these important qualities and how you can help build them by talking about them with your children.

You are invited to join us for a discussion about courage, character, and self-esteem. This is part of the *Active Parenting*™ program that demonstrates how to help your children develop these important social strengths.

Who should attend?

Caregivers of children ages 5 to 12

Workshops are free!
Refreshments provided
Registration required

Schedule:
Wednesday
April 18, 2018
9:30 am to 11:30 am

Will be held at:
Mental Health Association Family Support Services
320 North Goodman Street, Suite 202
Rochester, NY 14607

For more information and to register, call:
(585) 325-3145, ext.150