



# Daytimers Support Group



## 2018 Schedule

**1st Friday of each month**

**12:00 PM—1:30 PM**

**MHA Office**

**320 N. Goodman St., Rochester**

January 5, 2018	July 6, 2018
February 2, 2018	August 3, 2018
March 2, 2018	September 7, 2018
April 6, 2018	October 5, 2018
May 4, 2018	November 2, 2018
June 1, 2018	December 7, 2018

**Meetings are free, refreshments are provided, and *registration* is required.**

**For Parents, Grandparents, and Caregivers of children with emotional and/or behavioral challenges. If your raising a child with behavior or emotional challenges, this may be the group for you. Daytimers is a great place to meet, talk and share resources with people who understand.**

**Why struggle on your own, when you're not alone?**

**We've been there: Our Family Peer Advocates are family members like you. We've navigated education and mental health systems first hand. We understand the challenges and we also know there is hope. We've made it through to the other side, and we'll help you make it too.**

*To register:*  
**585.325.3145 x157 or**  
**[mharochester.org/family](http://mharochester.org/family)**

