



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION WORKSHOP**

### ***Parenting with Wit and Wisdom***©

Certified Reality Therapist Cathie Looney sheds some light on the confusing process that is parenting. She blends humor and common sense while discussing character development in this “WE” generation.

What IS the goal of parenting today? To teach our children the skills that allow them to go out in the world and live.

### **Who should attend?**

**Caregivers of children ages 5 to 18**

***Workshops are free!  
Refreshments provided  
Registration required***

#### **Schedule:**

Monday  
October 1, 2018  
12:00 pm to 2:00 pm

#### **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