



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION**

### ***Rules, Routines & Limits***

The Incredible Years<sup>®</sup>

Rules, routines, and limits can make family life better for everyone. Putting some simple rules in place and setting limits help children realize what you expect of them. And routines for daily activities, such as meal times, homework, and bedtime, let children feel more secure.

You are invited to join us for a discussion about these three related topics. We will explore ways to reduce harsh discipline and foster the ability of caregivers to promote children's social, emotional, and academic achievement.

### **Who should attend?**

**Caregivers of children of ages 3 to 6**

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

#### **Schedule:**

Wednesday

October 3, 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