



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION**

### **The First Years Last Forever**

Becoming a parent/caregiver is an intense, emotional experience that is incredibly exciting and joyful but that can also be challenging.

We invite you to join us for a caregiver workshop on the topic of childhood development and the vital importance of the relationship between the caregiver and child in the first years of life.

This workshop begins with a video presentation, *The First Years Last Forever*, followed by a facilitated discussion on the topics addressed in the video.

#### **Who should attend?**

**Caregivers of children up to 5 years old**

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

#### **Schedule:**

Wednesday  
October 10, 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