



**MENTAL HEALTH ASSOCIATION**  
*FIND WELLNESS.*

## **FAMILY EDUCATION**

### ***Self-Defeating Behavior***

Families under stress produce adolescents under stress. Many such young people become at risk for a variety of emotional and behavioral problems.

You are invited to join us for a discussion about highly resistant adolescents, including a DVD featuring Robert Ackerman, PhD, who presents a cognitive behavioral model for helping adolescents eliminate self-defeating behavior.

### **Who should attend?**

#### **Caregivers of preteens and teens**

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

#### **Schedule:**

Friday  
October 19, 2018  
10:00 am to 12:00 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