

## FRIDAYS

### 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. For parents of preteens and teens.

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

All workshops are held at the  
**Mental Health Association**  
320 North Goodman Street  
Suite 202  
Rochester, NY 14607

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

For more information  
and to register,  
please call  
**(585) 325-3145 ext.150**

## FAMILY EDUCATION

### Parents of Teens Support Group *Don't Go at It Alone!*

If you're raising a teenager with behavioral and/or emotional challenges, this might be the group for you. Parents of Teens is an opportunity to meet, talk, listen, and learn about the ups and downs that happen while you're raising a teenager. It's a great place to get support from people who understand.

#### **Three sites!**

- **Downtown at Village Gate**  
320 North Goodman St, Rochester 14607  
Monday, October 1, 2018
- **Eastside at Penfield High Sschool**  
25 High School Dr, Penfield 14526  
Monday, October 15, 2018
- **Westside at Renaissance Academy**  
299 Kirk Rd, Rochester 14612  
Monday, October 22, 2018

**6:00 pm to 8:00 pm**

*Call or check the website  
for additional dates*

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

**(585) 325-3145 ext.131**  
[www.mharochester.org/services/  
family-support/](http://www.mharochester.org/services/family-support/)



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

# October 2018



**FAMILY SUPPORT  
SERVICES  
FAMILY  
EDUCATION**

## MONDAYS

### Parenting with Wit and Wisdom



What IS the goal of parenting today? To teach our children the skills that allow them to go out in the world and live. For caregivers of children ages 5-18.

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

### The Whole-Brain Child



Strategies on how to raise happy, resilient children. Powerful tools for helping children to develop the emotional intelligence they need to be successful in the world. For caregivers of school-age children. You may attend any or all parts of this three-part series.

**Mondays, October 15, 22 & 29, 2018**  
**11:30 am to 1:30 pm**

## WEDNESDAYS

### Rules, Routines, and Limits

Rules, routines, and limits can make family life better for everyone. As a result, children feel more secure and know what's expected of them. For caregivers of children ages 3-6.

**Wednesday, October 3, 2018**  
**9:30 am to 11:30 am**

### The First Years Last Forever



Childhood development and the vital importance of the relationship between the caregiver and child in the first years of life. For caregivers of children up to 5 years old.

**Wednesday, October 10, 2018**  
**12:00 pm to 2:00 pm**

### Social and Emotional Coaching



Do you want to learn how to use coaching to encourage your child's expression of feelings? For caregivers of children ages 1-3.

**Wednesday, October 17, 2018**  
**9:30 am to 11:30 am**

## THURSDAYS

### It's So Much Work to Be Your Friend



Teaching friendship and social skills in the classroom, at home, and in the community. For caregivers of school-age children.

**Thursday, October 4, 2018**  
**5:00 pm to 7:00 pm**

### How Difficult Can This Be?



How frustration and anxiety can be easily triggered in the classroom for children with learning disabilities. For caregivers of school-age children, tweens, and teens.

**Thursday, October 18, 2018**  
**5:00 pm to 7:00 pm**

### The Motivation Breakthrough

Six basic motivational styles for inspiring the most withdrawn and reluctant child. For caregivers of school-age children.

**Thursday, October 25, 2018**  
**5:00 pm to 7:00 pm**