



Parents of Teens Support Group

Don't Go At It Alone!



2018/2019 Schedule

Mondays 6:00 PM—8:00 PM

<u>Westside</u>	<u>Downtown</u>	<u>Eastside</u>
Renaissance Academy 299 Kirk Rd, Rochester 14612	MHA Rochester 320 N Goodman St. Rochester 14607	Penfield High School 25 High School Dr. Penfield 14526
September 10, 2018	October 1, 2018	September 17, 2018
October 22, 2018	November 5, 2018	October 15, 2018
November 26, 2018	December 3, 2018	November 19, 2018
December 10, 2018	January 7, 2019	December 17, 2018
January 14, 2019	February 4, 2019	January 28, 2019
February 11, 2019	March 4, 2019	March 18, 2019
March 11, 2019	April 1, 2019	April 22, 2019
April 8, 2019	May 6, 2019	May 20, 2019
May 13, 2019	June 3, 2019	June 17, 2019
June 10, 2019		

Meetings are free, refreshments are provided, and *registration* is required.

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 raising a teenager. It's a great place to get support from people who understand.

We've been there: our Family Peer Advocates are family members like you. We've navigated education and mental health systems first hand. We understand the challenges and we also know there is hope. We've made it through to the other side, and we'll help you make it too.

To register:
585.325.3145 x131 or
mharochester.org/family