



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION**

### ***Child-Directed Play***

This *Incredible Years* program is designed to teach caregivers how to play with a child. This seems like such an easy and straightforward task that most adults overlook the importance of developing good play skills. These skills, however, are some of the most important of all for fostering positive interactions with children and reducing behavior problems. Moreover, play is a time when adults can respond to children in ways that build a good self-concept and encourage social, emotional, and cognitive growth.

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

**Caregivers of children ages 1-3 years**

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

#### **Schedule:**

Monday  
November 5, 2018  
11:30 am to 1:30 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