



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Rules, Routines & Limits

Setting boundaries can make family life better for everyone. Putting some simple rules in place and setting limits help children realize what you expect of them. And routines for daily activities, such as meal times, homework, and bedtime, let children feel more secure.

You are invited to join us for a discussion about these three related topics. We will explore ways to reduce harsh discipline and foster the ability of caregivers to promote children's social, emotional, and academic achievement.

Who should attend?

Caregivers of children of ages 3 to 6

Workshops are free!
Refreshments provided
Registration required

Schedule:

Thursday
November 15, 2018
5:00 pm to 7:00 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