

FRIDAYS

Parenting with Wit & 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.

Friday, November 2, 2018
10:00 am to 12:00 pm

Winning at Parenting



One of the most frustrating aspects of being a caretaker is having to handle an angry child, who simply refuses to do what you ask. For caregivers of school-age children.

Friday, November 16, 2018
10:00 am to 12:00 pm

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, November 5, 2018
- **Eastside at Penfield High Sschool**
25 High School Dr, Penfield 14526
Monday, November 19, 2018
- **Westside at Renaissance Academy**
299 Kirk Rd, Rochester 14612
Monday, November 26, 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.

November 2018



**FAMILY SUPPORT
SERVICES
FAMILY
EDUCATION**

MONDAYS

Child-Directed Play

Playing seems like such a straightforward and easy task that most adults overlook the importance of developing good play skills. For caregivers of children ages 1-3.

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

Building Self-Esteem



Respect and encouragement can help your child feel loved, accepted, respected, and valued. You also need to encourage yourself. For caregivers of children ages 1-6.

Monday, November 12, 2018
11:30 am to 1:30 pm

Spontaneous Incentives

Very often, parental attention and praise are all the reinforcement a child needs. However, it can be helpful to combine praise with a hands-on reward. For caregivers of children ages 1-5.

Monday, November 19, 2018
11:30 am to 1:30 pm

Handling Misbehavior

Let's talk about maintaining self-control, offering new learning opportunities, using the ignore technique, understanding the importance of distraction, and learning the vending machine example of behavior that continues if there's a payoff. For caregivers of children 3-8.

Monday, November 26, 2018
11:30 am to 1:30 pm

WEDNESDAYS

Developing Capable Young People



Help young people develop effective life skills. For caregivers of children of all ages. You may attend any or all parts of this series.

Wednesdays, November 7, 14 & 21, 2018
9:30 am to 11:30 am

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

THURSDAYS

Four Keys to Successful Parenting



Building a strong relationship and being consistent. Managing yourself and helping children manage themselves. For caregivers of children up to 5 years old.

Thursday, November 1, 2018
5:00 pm to 7:00 pm

Rules, Routines & Limits



Setting boundaries 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.

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