



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Communication Is Crucial

It is very important for parents to be able to talk openly and effectively with their children. Communication is a vital tool for building strong, parent-child relationships. When parents and their children discuss problems, it is easier for them to understand each other.

You are invited to join us for a discussion about communication skills. This workshop will take a practical approach to explaining how crucial these skills are in families.

Who should attend?

Caregivers of school-age children

Workshops are free!
Refreshments provided
Registration required

Schedule:

Friday
December 28, 2018
10:00 am to 12:00 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