



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Becoming a Parent

Observe your baby's cues and signals. Understand how to cope with crying and fussy periods. Learn about feeding and burping. Learn about fevers and recognize when to call the doctor. Also, sleeping habits, stimulation, and diapering. And much more.

You are invited to join us for a discussion about getting to know your baby. We will show a DVD from *The Incredible Years* by Carolyn Webster-Stratton.

Who should attend?

Expectant parents and caregivers of infants from birth to 3 months

Workshops are free!
Refreshments provided
Registration required

When:

Monday

January 7, 2019

11:30 am to 1:30 pm

Where:

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