



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Reading Babies' Minds

Learning to read babies' cues and developmental needs is a critical skill in parenting. This workshop will feature an *Incredible Years*® DVD presentation, followed by a facilitated discussion.

Join us as we explore ways to set up predictable routines and bedtime rituals, as well as how to help your baby feel secure and loved.

Who should attend?

Caregivers of children of age 1 and younger

Workshops are free!
Refreshments provided
Registration required

When:

Wednesday
January 9, 2019
9:30 am to 11:30 am

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