



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION WORKSHOP

Social and Emotional Coaching The Incredible Years[©]

Do you ever wonder how to encourage your child and build confidence? Do you wish your child could express how he or she is REALLY feeling? Do you want to understand how to use emotional coaching to encourage your child's expression of feelings?

Join us for an informative workshop featuring a discussion on these topics, including your role in promoting social skills.

Who should attend?

Caregivers of children ages 1 to 3

Workshops are free!
Refreshments provided
Registration required

When:

Monday

January 14, 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