



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Understanding Yourself and Your Teenager

Learn some effective parenting styles for fostering positive teen behavior. Understand that our own beliefs, as well as those of our teens, influence their decision-making. Learn to build self-esteem through encouragement, communicate effectively to gain cooperation, and handle serious problems, such as violence and drugs.

You are invited to join us for a discussion about the teen years, including a DVD from *Systematic Training for Effective Parenting*.

Who should attend?

Caregivers of preteens and teens

Workshops are free!
Refreshments provided
Registration required

When:

Thursday

January 17, 2019

5:00 pm to 7:00 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