



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION**

### ***Active Communication***

Every family has problems and conflicts. Rather than thinking of these as negative events, you can approach them as opportunities for teaching responsibility, cooperation, courage, and respect. We'll learn to use a model to help you handle problems effectively before they escalate out of control.

You are invited to join us for a discussion about how to win cooperation with your child. The session includes a DVD from *Active Parenting Now* by Michael Popkin PhD.

### **Who should attend?**

**Caregivers of children ages 5 to 12**

***Workshops are free!***  
***Refreshments provided***  
***Registration required***

**When:**

Monday

January 21, 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