



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

The First Years Last Forever

Becoming a parent/caregiver is an intense, emotional experience that is incredibly exciting and joyful but that can also be challenging.

We invite you to join us for a caregiver workshop on the topic of childhood development and the vital importance of the relationship between the caregiver and child in the first years of life.

This workshop begins with a video presentation, *The First Years Last Forever*, followed by a facilitated discussion on the topics addressed in the video.

Who should attend?

Caregivers of children up to 5 years old

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

When:

Thursday
January 24, 2019
12:00 pm to 2:00 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