



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Understanding Yourself and Your Child

Learn some effective parenting styles for fostering positive behavior. Understand that our own beliefs, as well as those of our children, influence their decision-making. Learn to build self-esteem through encouragement, communicate effectively to gain cooperation, and discipline with both firmness and kindness.

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

Who should attend?

Caregivers of children ages 6-12

Workshops are free!
Refreshments provided
Registration required

When:

Monday

January 28, 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