

FRIDAYS

Collaborative Problem Solving



Challenging behavior occurs when we expect more from a child than the child can handle. Let children and caregivers solve such problems rather than using rewards and punishments. For caregivers of school-age children. You may attend either or both parts of this series.

Fridays, January 4 & 11, 2019
10:00 am to 12:00 pm

All workshops are held at the
Mental Health Association
320 North Goodman Street
Suite 202
Rochester, NY 14607

Workshops are free!
Refreshments provided
Registration required

For more information
and to register,
please call
(585) 325-3145 ext.150

SUPPORT GROUPS

Parents of Teens Support Group *Don't Go at It Alone!*

If you're raising a teenager with behavioral and/or emotional challenges, this might be the group for you. Parents of Teens is an opportunity to meet, talk, listen, and learn about the ups and downs that happen while you're raising a teenager. It's a great place to get support from people who understand.

Three sites!

- **Downtown at Village Gate**
320 North Goodman St, Rochester 14607
Monday, January 7, 2019
- **Westside at Renaissance Academy**
299 Kirk Rd., Rochester 14612
Monday, January 14, 2019
- **Eastside at Penfield High School**
25 High School Dr., Penfield 14526
Monday, January 28, 2019
6:00 pm to 8:00 pm

Call or check the website
for additional dates

Meetings are free!
Refreshments provided
Registration required

(585) 325-3145 ext.131
www.mharochester.org/services/family-support/



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

January 2019



FAMILY SUPPORT
SERVICES
FAMILY
EDUCATION

MONDAYS

Becoming a Parent

Getting to know your baby: Baby cues, crying and fussy periods, feeding and burping, sleeping habits, diapering, and when to call the doctor. For caregivers of infants from birth to 3 months.

Monday, January 7, 2019
11:30 am to 1:30 pm

Social and Emotional Coaching

Do you want to learn how to use coaching to encourage your child's expression of feelings? For caregivers of children ages 1-3.

Monday, January 14, 2019
11:30 am to 1:30 pm

Active Communication



Every family has problems and conflicts. How to approach these as opportunities for teaching responsibility, cooperation, courage, and respect. For Caregivers of children ages 5 to 12.

Monday, January 21, 2019
11:30 am to 1:30 pm

Understanding Yourself & Your Child

Learn how to foster positive behavior and to build self-esteem through encouragement. Communicate to gain cooperation, and discipline with both firmness and kindness. For parents of children ages 6 to 12.

Monday, January 28, 2019
11:30 am to 1:30 pm

WEDNESDAYS

Reading Babies' Minds

Learning to read babies' developmental needs and cues is a critical skill in parenting. For caregivers of children of age 1 and younger.

Wednesday, January 9, 2019
9:30 am to 11:30 am

Resisting Television Advertising



Learning how TV advertising works and how to defend your children from it. For caregivers of children of all ages.

Wednesday, January 16, 2019
9:30 am to 11:30 am

Mindfulness for Parents



Learn how mindfulness can grow a deeper connection with your child and help them on the journey of positive behaviors and self-control. For caregivers of children age 1 and younger.

Wednesday, January 23, 2019
9:30 am to 11:30 am

THURSDAYS

Understanding Yourself & Your Teen

Our own beliefs, as well as those of our teens, influence their decision-making. Learn some effective parenting styles to gain cooperation and to handle serious problems, such as drugs and violence For caregivers of preteens and teens.

Thursday, January 17, 2019
5:00 pm to 7:00 pm

The First Years Last Forever



Childhood development and the vital importance of the relationship between the caregiver and child in the first years of life. For caregivers of children up to 5 years old.

Thursday, January 24, 2019
5:00 pm to 7:00 pm

When the Chips Are Down

Dealing with behavioral problems quickly and effectively and how preventive action can anticipate many problems before they start. For caregivers of school-age children.

Thursday, January 31, 2019
5:00 pm to 7:00 pm