



**MENTAL HEALTH ASSOCIATION**  
*FIND WELLNESS.*

## **FAMILY EDUCATION**

### ***Managing Tantrums***

Of all the behavioral problems parents face from their children, temper tantrums may be the most upsetting, as well as the hardest to manage.

Join us as we discuss the main causes of tantrums, the goals of children who tantrum, the problem with distraction and reasoning, the power of the “Ten Second Rule,” a process for meltdown management, and how to handle tantrums in public.

### **Who should attend?**

**Caregivers of toddlers and school-age children**

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

#### **Schedule:**

Wednesday

February 6, 2019

9:30 am to 11:30 am

#### **Will be held at:**

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