



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION WORKSHOP**

### ***Teaching Limits with Love***

Active Parenting<sup>©</sup>

We invite you to join us for a workshop on discipline methods you can use to redirect your children toward a positive approach to their goals when you have a problem with their behavior.

We encourage you to join with other caregivers in a facilitated discussion of polite requests, “I” messages, firm directions, natural and logical consequences. You will learn how to handle your child’s anger better, as well as your own.

### **Who should attend?**

**Caregivers of children ages 5 to 12**

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

#### **Schedule:**

Wednesday

February 13, 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