



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Building Self-Esteem

Respect and encouragement can build your child's self-esteem. Encouragement can help your child feel loved, accepted, respected, and valued. You also need to encourage yourself.

You're invited to join us for a discussion about the development of early childhood self-esteem. Among other topics, we'll discuss the difference between praise and encouragement.

Who should attend?

Caregivers of children ages 1 to 6

Workshops are free!
Refreshments provided
Registration required

Schedule:

Friday
February 22, 2019
11:00 am to 1:00 pm

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