



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION WORKSHOP**

### ***FOUR KEYS TO SUCCESSFUL PARENTING***®

Many caregivers are confused and feel inadequate when it comes to managing their children's behavior. You are invited to join us for an informational presentation and discussion relating to child/caregiver relations. The DVD will be accompanied by a facilitated discussion of the "keys":

- Building a Strong Relationship
- Being Consistent
- Managing Yourself
- Helping Children Manage Themselves

#### **Who should attend?**

**Caregivers of children of all ages**

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

#### **Schedule:**

Monday

February 25, 2019

11:30 am to 1:30 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