



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

## **FAMILY EDUCATION**

### ***Discipline Makes the Difference***

Ever see those children who seem to be well-behaved? They're walking next to their parents and demonstrating self-control. Do you ever wonder what those parents know that you don't know? Or what they have that you don't?

You are invited to join us for a discussion about discipline. This workshop offers us techniques to help teach our children to behave in socially acceptable ways.

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

**Caregivers of school-age children**

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

#### **Schedule:**

Monday  
March 4, 2019  
11:30 am to 1:30 pm

#### **Location:**

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