



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Self-Defeating Behavior

Families under stress produce adolescents under stress. Many such young people become at risk for a variety of emotional and behavioral problems.

You are invited to join us for a discussion about highly resistant adolescents, including a DVD featuring Robert Ackerman, PhD, who presents a cognitive behavioral model for helping adolescents eliminate self-defeating behavior.

Who should attend?

Caregivers of preteens and teens

Workshops are free!
Refreshments provided
Registration required

Schedule:

Wednesday
March 6, 2019
9:30 am to 11:30 am

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