



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION WORKSHOP

Winning at Parenting

Perhaps one of the most frustrating aspects of being a parent is having to handle an angry child/youth, who simply refuses to do what you ask. You are invited to join us for a DVD presentation by Barbara Coloroso, who brings a humorous approach to helping us identify our parenting styles.

Segments from the presentation:

Different Parenting Styles.....Brick Wall, Jellyfish, Backbone
ChoresDump the Trash
The Three Cons.....Anger, Sulking, Begging
Discipline.....Discipline Is Not Punishment

The workshop will include a facilitated discussion that will allow caregivers to learn from each other and to get new perspectives on what may work and what may not work.

Who should attend?

Caregivers of school-age children

Workshops are free!
Refreshments provided
Registration required

Schedule:

Monday
March 11, 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