



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

The Skill of Saying No

We have some ideas for you to use in helping kids learn to say no about various new situations they're likely to encounter in their teen years. Teach them to ask some basic questions to help them improve their "trouble radar" about drugs, sex, violence, and other difficult challenges.

You are invited to join us for a discussion about building resistance skills for dealing with peers, social media, advertising, and other sources of pressures adolescents face today.

Who should attend?

Caregivers of preteens and teens

Workshops are free!
Refreshments provided
Registration required

Schedule:

Wednesday
March 20, 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