

FRIDAYS

Active Communication



Every family has problems and conflicts. How to approach these as opportunities for teaching responsibility, cooperation, courage, and respect. For Caregivers of children ages 5 to 12.

Friday, February 1, 2019
10:00 am to 12:00 pm

Spontaneous Incentives

Very often, parental attention and praise are all the reinforcement a child needs. However, it can be helpful to combine praise with a hands-on reward. For caregivers of children ages 1-5.

Friday, February 8, 2019
11:00 am to 1:00 pm

Building Self-Esteem



Respect and encouragement can help your child feel loved, accepted, respected, and valued. You also need to encourage yourself. For caregivers of children ages 1-6.

Friday, February 22, 2019
11:00 am to 1:00 pm

SUPPORT GROUPS

Parents of Teens Support Group *Don't Go at It Alone!*

If you're raising a teenager with behavioral and/or emotional challenges, this might be the group for you. Parents of Teens is an opportunity to meet, talk, listen, and learn about the ups and downs that happen while you're raising a teenager. It's a great place to get support from people who understand.

Three sites!

- **Downtown at Village Gate**
320 North Goodman St, Rochester 14607
Monday, February 4, 2019
- **Westside at Renaissance Academy**
299 Kirk Rd., Rochester 14612
Monday, February 11, 2019
- **Eastside at Penfield High School**
25 High School Dr., Penfield 14526
Monday, March 18, 2019
6:00 pm to 8:00 pm

*Call or check the website
for additional dates*

Meetings are free!
Refreshments provided
Registration required

(585) 325-3145 ext.131
[www.mharochester.org/services/
family-support/](http://www.mharochester.org/services/family-support/)



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

February 2019



**FAMILY SUPPORT
SERVICES
FAMILY
EDUCATION**

MONDAYS

Rules, Routines & Limits

Setting boundaries can make family life better for everyone. As a result, children feel more secure and know what's expected of them. For caregivers of children ages 3-6.

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

Handling Misbehavior

Let's talk about maintaining self-control, offering new learning opportunities, using the ignore technique, understanding the importance of distraction, and learning the vending machine example of behavior that continues if there's a payoff. For caregivers of children 3-8.

Monday, February 11, 2019
11:30 am to 1:30 pm

Four Keys to Successful Parenting



Building a strong relationship and being consistent. Managing yourself and helping children manage themselves. For caregivers of children up to 5 years old.

Monday, February 25, 2019
11:30 am to 1:30 pm

TUESDAYS/WEDNESDAYS

Developing Capable Young People



Help young people develop effective life skills. For caregivers of children of all ages. You may attend any or all parts of this series.

Tuesdays, February 5, 12 & 19, 2019
10:00 am to 12:00 pm

The Motivation Breakthrough

Six basic motivational styles for inspiring the most withdrawn and reluctant child. For caregivers of school-age children.

Tuesday, February 26, 2019
5:00 pm to 7:00 pm

Managing Tantrums

The power of the "Ten Second Rule," a process for meltdown management, and how to handle tantrums in public. For caregivers of toddlers and school-age children.

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

Teaching Limits with Love

Methods you can use to redirect your children toward a positive approach to their goals when you have a problem with their behavior. For caregivers of children ages 5-12.

Wednesday, February 13, 2019
9:30 am to 11:30 am

THURSDAYS

Parenting with Wit & Wisdom



What IS the goal of parenting today? To teach our children the skills that allow them to go out in the world and live. For caregivers of children ages 5-18.

Thursday, February 7, 2019
5:00 pm to 7:00 pm

How Difficult Can This Be?

How frustration and anxiety can be easily triggered in the classroom for children with learning disabilities. For caregivers of school-age children, tweens, and teens.

Thursday, February 21, 2019
5:00 pm to 7:00 pm

All workshops are held at the
Mental Health Association
320 North Goodman Street
Suite 202
Rochester, NY 14607

Workshops are free!
Refreshments provided
Registration required

For more information
and to register,
please call
(585) 325-3145 ext.150