

FRIDAYS

Guiding Behavior in Young Children



Why misbehavior occurs, ways to stop it, and how to create a plan for desired behavior. For caregivers of preschool-age children.

Friday, March 8, 2019
10:00 am to 12:00 pm

Last One Picked, First One Picked On



Some kids are often isolated and rejected by peers, lacking social skills to make and keep friends. Learn how to help kids develop these skills. For caregivers of children of all ages.

Friday, March 22, 2019
10:00 am to 12:00 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, March 4, 2019
 - **Westside at Renaissance Academy**
299 Kirk Rd., Rochester 14612
Monday, March 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.

March 2019



FAMILY SUPPORT SERVICES FAMILY EDUCATION

MONDAYS

Discipline Makes the Difference

Do you ever see children who demonstrate self-control? Do you wonder what those parents know or have that you don't? For caregivers of school-age children.

Monday, March 4, 2019

11:30 am to 1:30 pm

Winning at Parenting

One of the most frustrating aspects of being a caretaker is having to handle an angry child, who simply refuses to do what you ask. For caregivers of school-age children.

Monday, March 11, 2019

11:30 am to 1:30 pm

It's So Much Work to Be Your Friend

Teaching friendship and social skills in the classroom, at home, and in the community. For caregivers of school-age children.

Monday, March 18, 2019

11:30 am to 1:30 pm

The Motivation Breakthrough



Six basic motivational styles for inspiring the most withdrawn and reluctant child.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

Monday, March 25, 2019

11:30 am to 1:30 pm

WEDNESDAYS

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. For caregivers of preteens and teens.

Wednesday, March 6, 2019

10:00 am to 12:00 pm

Active Parenting of Teens

Let's discuss parenting styles and address drugs, sexuality, and violence. For caregivers of preteens and teens.

Wednesday, March 13, 2019

9:30 am to 11:30 am

The Skill of Saying No



Some ideas for helping kids say no about various new situations they're likely to encounter in their teen years. For caregivers of preteens and teens.

Wednesday, March 20, 2019

9:30 am to 11:30 am

Communication Is Crucial

Communication is a vital tool for building strong, parent-child relationships. Learn a practical approach to productive interactions within families. For caregivers of school-age children.

Wednesday, March 27, 2019

9:30 am to 11:30 am

THURSDAYS

The Whole-Brain Child



Strategies on how to raise happy, resilient children. Powerful tools for helping children to develop the emotional intelligence they need to be successful in the world. For caregivers of school-age children. You may attend any or all parts of this three-part series.

Thursdays, March 7, 14 & 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