



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY EDUCATION

Understanding Yourself and Your Child

Learn some effective parenting styles for fostering positive behavior. Understand that our own beliefs, as well as those of our children, influence their decision-making. Learn to build self-esteem through encouragement, communicate effectively to gain cooperation, and handle serious problems.

You are invited to join us for a discussion about children in the school years, including a DVD from *Systematic Training for Effective Parenting*.

Who should attend?

Caregivers of school-age children

Workshops are free!
Refreshments provided
Registration required

When:

Tuesday

May 14, 2019

10:00 am to 12:00 pm

Where:

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