



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**  
**Chores .....Dump 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***

**When:**

Tuesday

May 21, 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