

FRIDAYS

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.

Fridays, May 3, 10 & 17, 2019
11:30 am to 1:30 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

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, May 6, 2019
- ***Westside at Renaissance Academy***
299 Kirk Rd., Rochester 14612
Monday, May 13, 2019
- ***Eastside at Penfield High School***
25 High School Dr., Penfield 14526
Monday, May 20, 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.

May 2019



**FAMILY SUPPORT
SERVICES
FAMILY
EDUCATION**

MONDAYS/TUESDAYS

Ignoring Misbehavior

Negative behavior is a signal that a child needs some new learning opportunities. How to use ignoring as a tactic for selected behaviors, such as whining, tantrums, and arguing. For caregivers of school-age children.

Monday, May 6, 2019
11:30 am to 1:30 pm

Children's Discouragement

Learn ways to praise, encourage, and motivate children to learn new things. Help them avoid a sense of failure when they can't do something new. Understand the importance of learning according to their own abilities and learning styles. For caregivers of school-age children.

Monday, May 13, 2019
11:30 am to 1:30 pm

Fostering Good Learning Habits

Learn how to set up a predictable daily learning routine for academic activities, as well as how to follow through with limits you set. Understand the importance of monitoring homework. For caregivers of school-age children.

Monday, May 20, 2019
11:30 am to 1:30 pm

Understanding Yourself & Your Child

Learn how to foster positive behavior and to build self-esteem through encouragement. Communicate to gain cooperation and exercise discipline with both firmness and kindness. For parents of children ages 6 to 12.

Tuesday, May 14, 2019
10:00 am to 12:00 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.

Tuesday, May 22, 2019
5:00 pm to 7:00 pm

WEDNESDAYS

The First Years Last Forever

Childhood development and the vital importance of the relationship between the caregiver and child in the first years of life. For caregivers of children up to 5 years old.

Wednesday, May 1, 2019
5:00 pm to 7:00 pm

Mindfulness for Parents

Learn how mindfulness can grow a deeper connection with your child and help them on the journey of positive behaviors and self-control. For caregivers of children age one and younger.

Wednesday, May 8, 2019
9:30 am to 11:30 am

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, May 22, 2019
9:30 am to 11:30 am

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.

Wednesday, May 29, 2019
9:30 am to 11:30 am

THURSDAYS

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.

Thursday, May 2, 2019
10:00 am to 12:00 pm

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, May 16, 2019
5:00 pm to 7:00 pm

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.

Thursday, May 30, 2019
5:00 pm to 7:00 pm