



Family Support Services

WHO WE ARE: Parents who have children with emotional and/or behavioral challenges

WHOM WE SERVE: Families who have children with emotional and/or behavioral challenges

WHAT WE OFFER:

- Understanding and support by phone, in person, in groups, or individually
- Assistance with school-related issues
- Coping strategies that can help you to deal better with the stress in your home
- Assistance to families in identifying and developing natural supports
- Caregiver workshops (translators available on request)

If your child has social/emotional/behavioral challenges; if you need help navigating systems and need to understand options available to your child; if your child is struggling with school; if you want to talk with parents who understand what you and your child are going through; if you're not sure what's going on, we'll help you figure it out.

Parents of Teens Support Group

Don't Go At It Alone!

Three locations: Downtown @ Village Gate, Eastside @ Penfield HS & Westside @ Renaissance Academy. For all groups, meetings are free & in separate rooms, refreshments are provided, and registration is *required*. Call for monthly dates during the school year
Mondays 6:00 pm-8:00 pm.

Teen Support Group

P.E.A.C.E. (Peers Encouraging A Caring Environment)

Daytimers Support Group

at MHA Village Gate
320 North Goodman St.
Rochester NY 14607
1st Fridays
12:00 noon-1:30 pm

Coffee Club

at Tim Horton's
Odd months: University & Culver
Even months: Jefferson & Winton
3rd Thursdays
12:00 noon-1:30 pm

TemperTamers

A five-session anger management program for 2nd - 5th graders offered every Spring and Fall. For information or to register for the next series, please call
585-325-3145, ext. 153

We've been there: Our Family Peer Advocates are family members like you. We've navigated education and mental health systems first hand. We understand the challenges, and we also know there's hope. We've made it through to the other side, and we'll help you make it too.

Where to find us:
585.325.3145 or
mharochester.org/family
320 North Goodman St.
Rochester NY 14607

