



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION**

### ***The Single-Parent Family***

Parenting can be wonderful and rewarding. In a two-parent family today, it can be pretty difficult. In a single parent family, it can be more than twice as tough! It's a challenge, but it can be done!

If you've been there, are there, or are getting ready to go there, you are invited to join us for a short video that details the single-parent family experience from the point of view of the parent, followed by a discussion on the topic.

#### **Who should attend?**

**Caregivers of children of all ages**

***Workshops are free!***  
***Refreshments provided***  
***Registration required***

**When:**

Wednesday

June 5, 2019

9:30 am to 11:30 am

**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.122