



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION**

### ***Communication Is Crucial***

It is very important for parents to be able to talk openly and effectively with their children. Communication is a vital tool for building strong, parent-child relationships. When parents and their children discuss problems, it is easier for them to understand each other.

You are invited to join us for a discussion about communication skills. This workshop will take a practical approach to explaining how crucial these skills are in families.

### **Who should attend?**

#### **Caregivers of school-age children**

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

**When:**

Wednesday  
June 26, 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.150