

FRIDAYS

Guiding Behavior in Young Children



Why misbehavior occurs, ways to stop it, and how to create a plan for desired behavior. For caregivers of preschool-age children.

Friday, June 7, 2019

10:00 am to 12:00 pm

**Last One Picked,
First One Picked On**



Some kids are often isolated and rejected by peers, lacking social skills to make and keep friends. Learn how to help kids develop these skills. For caregivers of children of all ages.

Friday, June 21, 2019

10:00 am to 12:00 pm

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, June 3, 2019
- **Westside at Renaissance Academy**
299 Kirk Rd., Rochester 14612
Monday, June 10, 2019
- **Eastside at Penfield High School**
25 High School Dr., Penfield 14526
Monday, June 17, 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

**[www.mharochester.org/services/
family-support/](http://www.mharochester.org/services/family-support/)**



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

June 2019



**FAMILY SUPPORT
SERVICES
FAMILY
EDUCATION**

MONDAYS

Middle Childhood



During middle childhood, children gain body awareness, learn large amounts of information, and establish relationships with others outside their families. Explore how children begin to manage their own behavior in middle childhood and start to find their place in the world.

Monday, June 3, 2019
11:30 am to 1:30 pm

Cyber Safety

Strategies to help you protect your children by teaching them to be safe and make smart decisions. For caregivers of school-age children.

Monday, June 17, 2019
11:30 am to 1:30 pm

How Difficult Can This Be?



How frustration and anxiety can be easily triggered in the classroom for children with learning disabilities. For caregivers of school-age children, tweens, and teens.

Monday, June 24, 2019
11:30 am to 1:30 pm

TUESDAYS/WEDNESDAYS

The Skill of Saying No

Some ideas for helping kids say no about various new situations they're likely to encounter in their teen years. For caregivers of preteens and teens.

Tuesday, June 11, 2019
5:00 pm to 7:00 pm

The Single-Parent Family

In a two-parent family today, parenting 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! For caregivers of children of all ages.

Wednesday, June 5, 2019
9:30 am to 11:30 am

Active Parenting of Teens



Let's discuss parenting styles and address drugs, sexuality, and violence. For caregivers of preteens and teens.

Wednesday, June 12, 2019
9:30 am to 11:30 am

Communication Is Crucial

Communication is a vital tool for building strong, parent-child relationships. Learn a practical approach to productive interactions within families. For caregivers of school-age children.

Wednesday, June 26, 2019
9:30 am to 11:30 am

THURSDAYS

The Whole-Brain Child



Strategies on how to raise happy, resilient children. Powerful tools for helping children to develop the emotional intelligence they need to be successful in the world. For caregivers of school-age children. You may attend any or all parts of this three-part series.

Thursdays, June 6, 13 & 20, 2019
10:00 am to 12:00 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.122