



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION**

### ***Whole Brain Child***

***from Daniel Siegel MD & Tina Payne Bryson PhD***

This workshop offers strategies on how to raise happy, resilient children and powerful tools for helping children to develop the emotional intelligence they need to be successful in the world.

Join us for this series, including the viewing of a DVD and a classroom discussion to help us explore the simple, smart, and effective solutions to many of our children's struggles. You may attend any or all parts of this three-part series.

### **Who should attend?**

**Caregivers of children of all ages**

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

#### **When:**

Thursdays  
August 1, 8 & 15, 2019  
5:00 pm to 7:00 pm

#### **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