



MENTAL HEALTH ASSOCIATION  
FIND WELLNESS.

## **FAMILY EDUCATION**

### ***Improving Parent-Child Relationships***

By changing age-old patterns, the stage is set for positively oriented interactions rather than after-the-fact parenting, that is, discipline imposed after a child misbehaves. When children are given kind and nurturing attention, they feel important and the connection to family is strengthened.

Learn how to take calm action to accomplish the challenging job of raising children. Take cues from your child rather than imposing your will on every situation that arises. When you're fully engaged in the moment, your child is less likely to exhibit negative behavior to gain attention.

Join us for three sessions of informational and eye-opening insights into various perspectives on parent-child relations. You may attend any or all parts of this three-part series.

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

**Parents of children ages 3 through the tweens**

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

#### **When:**

Fridays

September 13, 20 & 27, 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