

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, August 9, 2019
9:30 am to 11:30 am

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, August 23, 2019
9:30 am to 11:30 am

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.

One central site this summer

- ***Downtown at Village Gate***
320 North Goodman St, Rochester 14607
Monday, August 5, 2019
- ***Westside at Renaissance Academy***
299 Kirk Rd., Rochester 14612
Will resume in September
- ***Eastside at Penfield High School***
25 High School Dr., Penfield 14526
Will resume in September
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 ext.153
**[www.mharochester.org/services/
family-support/](http://www.mharochester.org/services/family-support/)**



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

August 2019



**FAMILY SUPPORT
SERVICES
FAMILY
EDUCATION**

MONDAYS

Winning at Parenting



One of the most frustrating aspects of being a caretaker is having to handle an angry child, who simply refuses to do what you ask. For caregivers of school-age children.

Monday, August 12, 2019
9:30 am to 11:30 am

It's So Much Work to Be Your Friend

Teaching friendship and social skills in the classroom, at home, and in the community. For caregivers of school-age children.

Monday, August 19, 2019
9:30 am to 11:30 am

The Motivation Breakthrough



Six basic motivational styles for inspiring the most withdrawn and reluctant child. For caregivers of school-age children.

Monday, August 26, 2019
9:30 am to 11:30 am

TUESDAYS/WEDNESDAYS

Active Parenting of Teens

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

Tuesday, August 13, 2019
5:00 pm to 7:00 pm

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.

Tuesday, August 27, 2019
5:00 pm to 7:00 pm

Self-Defeating Behavior

Families under stress produce adolescents under stress. Many such young people become at risk for a variety of emotional and behavioral problems. For caregivers of preteens and teens.

Wednesday, August 7, 2019
11:30 am to 1:30 pm

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.

Wednesday, August 21, 2019
11:30 am to 1:30 pm

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