

FRIDAYS

Improving Parent-Child Relationships



Learn how to take calm action to accomplish the challenging job of raising children. For parents of children ages 3 through the tween years. You may attend any or all parts of this three-part series.

Fridays, September 13, 20 & 27, 2019
9:30 am to 11:30 am

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

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, October 7, 2019
- ***Westside at Renaissance Academy***
299 Kirk Rd., Rochester 14612
Monday, to be announced
- ***Eastside at Penfield High School***
25 High School Dr., Penfield 14526
Monday, to be announced
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 x. 122
**[www.mharochester.org/services/
family-support/](http://www.mharochester.org/services/family-support/)**



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

September 2019



**FAMILY SUPPORT
SERVICES
FAMILY
EDUCATION**

MONDAYS

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, September 9, 2019

9:30 am to 11:30 am

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.

Monday, September 16, 2019

9:30 am to 11:30 am

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, September 23, 2019

9:30 am to 11:30 am

WEDNESDAYS

Social & Emotional Coaching



Do you want to learn how to use coaching to encourage your child's expression of feelings?

For caregivers of children ages 1-3.

Wednesday, September 11, 2019

9:30 am to 11:30 am

Praise & Encouragement



Learn the difference between praise and encouragement and how to effectively give both to your child. For caregivers of children ages 3-6.

Wednesday, September 25, 2019

9:30 am to 11:30 am

THURSDAYS

The Teenage Brain



Explore how the mind develops and learn to harness the power of your relationship with your adolescent to move your teen toward well-being. You may attend either or both sessions of this 2-part series. For caregivers of preteens and teens.

Thursdays, September 12 & 19, 2019

5:00 pm to 7:00 pm

When the Chips Are Down



Dealing with behavioral problems quickly and effectively and how preventive action can anticipate many problems before they start. For caregivers of school-age children.

Thursday, September 26, 2019

5:00 pm to 7:00 pm