



You're invited to participate in the

# Strengthening and Empowering Families with Young Children

## **What is the Strengthening Families Program?**

The 4 Rs and 2 Ss for Strengthening Families is a group program for parents and children with behavioral problems. Sessions involve discussions and activities on managing rules at home, building positive relationships, improving family communication, setting clear expectations and responsibilities, managing stress, and building social support.



## **Who can participate and When?**

Families and their children **ages 5-8** years-old. The program will be held for 8 weeks for one hour early evening **at the Mental Health Association (320 N. Goodman Street, Rochester, NY 14607)**

***Food, beverages and bus passes are available to all family members for every session.***

**Please join us Tuesdays September 10<sup>th</sup> thru October 29<sup>th</sup> 5pm to 6:15pm for our first program session.**

## **I'm interested! How do I get started?**

Please call or email **Adrian Wright** at the Mental Health Association

**\*\*E-mail [awright@mharochester.org](mailto:awright@mharochester.org) or call (585) 325-3145 ext. 113\*\***