



Daytimers Support Group



2020 Schedule

1st Friday of each month

12:00 PM—1:30 PM

MHA Office

320 N. Goodman St., Rochester

January 3, 2020	July 10, 2020
February 7, 2020	August 7, 2020
March 6, 2020	September 4, 2020
April 3, 2020	October 2, 2020
May 1, 2020	November 6, 2020
June 5, 2020	December 4, 2020

Meetings are free, refreshments are provided, and *registration* is required.

For Parents, Grandparents, and Caregivers of children with emotional and/or behavioral challenges. If your raising a child with behavior or emotional challenges, this may be the group for you. Daytimes is a great place to meet, talk and share resources with people who understand.

Why struggle on your own, when you're not alone?

We've been there: Our Family Peer Advocates are family members like you. We've navigated education and mental health systems first hand. We understand the challenges and we also know there is hope. We've made it through to the other side, and we'll help you make it too.

To register:
585.325.3145 x157 or
mharochester.org/family

