



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: Families and their children ages 5-8 years-old (siblings are welcome to attend)

When: Every Thursdays from 5:30 to 6:30 for 8 weeks starting February 6th

Where: *Mental Health Association,*
320 N. Goodman Street, Rochester, NY

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

If you are interested, please contact either:

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