Improving Parent-Child Relationships

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

Fridays, March 6, 13 & 20, 2020
9:30 am to 11:30 am

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, March 2, 2020
- **Westside at Renaissance Academy**
  299 Kirk Rd., Rochester 14612
  Monday, March 23, 2020
- **Eastside at Penfield High School**
  25 High School Dr., Penfield 14526
  Monday, March 16, 2020
  6:00 pm to 8:00 pm

Call or check the website for additional dates

Meetings are free!

Refreshments provided

For more information and to register, please call
(585) 325-3145 ext. 122

www.mharochester.org/services/family-support/
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, March 9, 2020**
11:30 am to 1:30 pm

Managing Tantrums
The power of the “Ten Second Rule,” a process for meltdown management, and how to handle tantrums in public. For caregivers of toddlers and school-age children.

**Monday, March 16, 2020**
11:30 am to 1:30 pm

Middle Childhood
In middle childhood, children learn large amounts of information and build relationships outside their families. Explore how children begin to manage their own behavior and start to find their place in the world.

**Monday, March 23, 2020**
11:30 am to 1:30 pm

TUESDAYS

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.

**Tuesday, March 3, 2020**
5:00 pm to 7:00 pm

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.

**Tuesdays, March 10 & 17, 2020**
5:00 pm to 7:00 pm

Resisting Television Advertising
Learning how TV advertising works and how to defend your children from it. For caregivers of children of all ages.

**Tuesday, March 24, 2020**
5:00 pm to 7:00 pm

TUESDAYS/THURSDAYS

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.

**Tuesday, March 31, 2020**
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, March 26, 2020**
5:00 pm to 7:00 pm