

FRIDAYS

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

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, 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
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.

March 2020



**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, 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