



Parents of Teens Support Group

Don't Go At It Alone!

2019/2020 Schedule

Mondays 6:00 PM—8:00 PM

<i>Downtown</i>	<i>Westside</i>	<i>Eastside</i>
<u>MHA Rochester</u>	<u>Renaissance Academy</u>	<u>Penfield High School</u>
320 N Goodman St. Rochester 14607	299 Kirk Rd. Rochester 14612	25 High School Dr. Penfield 14526
October 7, 2019	October 21, 2019	December 9, 2019
November 4, 2019	November 18, 2019	January 13, 2020
December 2, 2019	December 16, 2019	February 10, 2020
January 6, 2020	March 23, 2020	March 9, 2020
February 3, 2020	April 20, 2020	April 13, 2020
March 2, 2020	May 18, 2020	May 11, 2020
April 6, 2020	June 8, 2020	June 15, 2020
May 4, 2020		
June 1, 2020		

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

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 raising a teenager. It's a great place to get support from people who understand.

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:
call 585.325.3145 ext. 122
or visit
mharochester.org/family

