

SUPPORT GROUP

Parents of Teens *VIRTUAL* 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 time to get support virtually from people who understand.

Mondays

**November 16 & 30
2020**

6:00 pm to 7:30 pm

Meetings are free!

Registration required

***Call with any questions
or to register.***

(585) 325-3145

WORKSHOPS AND MORE...

All workshops are held at the
Mental Health Association
320 North Goodman Street
Suite 202
Rochester, NY 14607

We can design a specific series
or workshops just for you.

Workshops are free!

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Refreshments provided

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Please call to register

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Face masks are required

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***Social distancing
is observed***

For more information
and to register,
please call

(585) 325-3145



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

November 2020



**FAMILY SUPPORT
SERVICES
FAMILY
EDUCATION**

MONDAYS

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.

Monday, November 9, 2020
10:30 am to 12:00 pm

Reducing Power Struggles



Power struggles are really arguments that are hard to win. For caregivers of school-age children.

Monday, November 16, 2020
10:30 am to 12:00 pm

A Child's Mind

What helps children distinguish right from wrong? Discover ways for adults to foster positive moral development in children. For caregivers of children of all ages.

Monday, November 23, 2020
10:30 am to 12:00 pm

TUESDAYS

Reducing Power Struggles

Power struggles are really arguments that are hard to win. For caregivers of school-age children.

Tuesday, November 10, 2020
10:30 am to 12:00 pm

The Active Parent for Ages 5-12



Encourage the development of self-esteem and character in your children. Encourage nonviolent conflict resolution inside the home and out. For caregivers of children ages 5-12.

Tuesday, November 17, 2020
10:30 am to 12:00 pm

Intervening between Siblings



Sibling rivalry is a real issue in families. What to do when children are unable to solve their own problems. For caregivers of toddlers through school-age children.

Tuesday, November 24, 2020
10:30 am to 12:00 pm

THURSDAYS

Winning at Parenting



One of the most frustrating aspects of being a caretaker is having to handle an angry child, who simply refuses to do what you ask. For caregivers of school-age children.

Thursday, November 5, 2020
10:30 am to 12:00 pm

Did You Hear What I Said?



Three goals for caregivers about the importance of good communication, and eight practical suggestions to help improve communication. For caregivers of school-age children.

Thursday, November 12, 2020
10:30 am to 12:00 pm

Setting Limits & Boundaries

How to say no to your child. Setting family rules, expectations, and appropriate consequences when the rules are broken. For caregivers of school-age children.

Thursday, November 19, 2020
10:30 am to 12:00 pm