

Family Support Services Fact Sheet

WHO WE ARE:

- ❖ Parents who have children with emotional or behavioral challenges

WHOM WE SERVE:

- ❖ Families who have children with emotional or behavioral challenges

WHAT WE OFFER:

- ❖ Understanding and support by phone, in person, in groups, or individually
- ❖ Assistance with school-related issues
- ❖ Teen support
- ❖ Coping strategies that can help you to better deal with the stress in your home
- ❖ Assistance to families in identifying and developing natural supports
- ❖ Caregiver workshops (translators available on request)

WHERE TO REACH US:

Family Support Services, 585-325-3145, ext. 131

The Mental Health Association, 320 North Goodman Street, Rochester, NY 14607

WHERE WE MEET (except holidays):

<p>Daytimers Support Group Mental Health Association 320 N. Goodman St. Rochester, NY 1st Fridays 12:00 noon - 1:30 pm</p>		<p>TemperTamers</p> <p>A five-week anger management program for 2nd through 5th graders and their caregivers that teaches children how to respond when they are angry, so they do not get into trouble by hurting people or destroying things.</p> <p>Children who can successfully harness their emotions are more likely to develop positive self-images and increased self-esteem.</p> <p>Offered every Spring and Fall</p> <p>For information or to register for the next series, please call</p> <p>585-325-3145, ext. 131</p>
<p>"Trusting ourselves as parents to help our children learn is as important - and as difficult - as trusting our children." Wendy Priesnitz, Editor, Life Learning Magazine</p> 	<p>Coffee Club Tim Horton's Odd months: University & Culver Even months: Jefferson & Winton 3rd Thursdays 12:00 noon - 1:30 pm</p>	
		