

FAMILY SUPPORT SERVICES

offer

- Assistance with school-related issues
- Support groups for parents and caregivers, teens, and siblings
- Assistance for families in identifying and developing natural supports
- Family education through caregiver workshops (language interpreters available on request)
- Free childcare while attending support groups and caregiver workshops
- Personal support



EDUCATIONAL ADVOCACY

Our trained Educational Advocates help parents and other caregivers get the most appropriate school services for their children and provide families with knowledge of the Special Education process and how those services can benefit their children.

Family Support Services provides family-driven and youth-guided advocacy services to parents and other caregivers of children with emotional and/or behavioral challenges.



MENTAL HEALTH ASSOCIATION
FIND WELLNESS.

FAMILY SUPPORT SERVICES



*providing support
to families raising
children with
emotional
and/or behavioral
challenges*

FAMILY EDUCATION

Our parent and caregiver workshops are offered by trained facilitators and based on evidence-based curricula. They provide opportunities for families to gain skills and support.



These 2-hour sessions include staff-led discussions, and usually a video, to help make topics relevant to your family with support from other parents and caregivers present.

*Temper*Tamers

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.

Children who can successfully harness their emotions are more likely to develop positive self-images and increased self-esteem.

**Offered every
Spring & Fall**

Mental Heath Association
320 North Goodman Street
Suite 202
Rochester, NY 14607-1186
(585) 325-3145 x131
(585) 325-3188 fax

SUPPORT GROUPS

Daytimers

*1st Fridays of each month
At the Mental Health Association
12:00 - 1:30 pm*

Coffee Club

Tim Horton's
~odd months at University & Culver
~even months at Jefferson & Winton
*3rd Thursdays of each month
12:00—1:30 pm*

What's new?

Active Parenting of Teens



These workshops offer frank discussions about:

- What teens need to succeed
- Communication, courage, responsibility
- Being responsible for one's own actions
- Drugs, sexuality, and violence
- Self-doubt and low self-esteem