



APRIL

FREE PARENT DISCUSSION GROUP

The Mental Health Association

10AM-12PM

31 Water St #7, Jamestown NY

| DATE | April 5th | April 12th | April 19th | April 26th |
|-------|----------------------|----------------------------------|----------------------------------|---------------------------|
| TOPIC | Hassle-Free Shopping | Managing Fighting and Aggression | Developing Good Bedtime Routines | Dealing with Disobedience |

IN PERSON OR ZOOM

BOOK YOUR SPOT NOW!



TEXT: (716) 489-8999



CALL: (716) 664-3608 EXT 110



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