



**Mental Health Association  
of Rockland County**  
*Connecting people. Educating families. Rebuilding lives.*

**Starts  
SEPT.  
20th**



**Thursdays  
6-8 pm  
September 20, 27  
October 4, 11, 18, 25**

# **PATIENT PARENTING**

**(COMMON SENSE PARENTING)**

**Presenter: DR. VAHID NAJAFI, PH.D**

**WILL FACILITATE THIS SIX SESSION COURSE THAT WILL  
FOCUS ON SKILL DEVELOPMENT FOR PARENTS/GUARDIANS**

**Location: Mental Health Association of Rockland (MHA)  
140 Rt. 303, Valley Cottage, NY 10989, Suite H**

**When: Thursdays, Sept. 20, 27, Oct. 4, 11, 18, 27**

**Time: 6 - 8 PM Sharp**

### **Participants will learn to:**

- Stay calm and help your child develop self-control
- Enrich relationships with your children
- Reinforce your child's positive behaviors
- Open lines of communication with your child
- Increase your own self-confidence and that of your children

***One evening a week for 6 consecutive weeks (6:00-8:00PM)***

***Course is Free; Book & Certificates are Awarded***

**MENTAL HEALTH ASSOCIATION OF ROCKLAND COUNTY**

**140 Route 303**

**Valley Cottage, NY 10989**

**To RSVP Please call:**

**Madlen Setian, MHA-Network (845) 267-2172, ext. 281**

**Email: [setianm@mharockland.org](mailto:setianm@mharockland.org)**

**PLEASE PRINT LEGIBLY :**

**PARENTS' NAME:** \_\_\_\_\_

**STREET ADDRESS:** \_\_\_\_\_

**CITY/STATE/ZIP:** \_\_\_\_\_ **TEL#** \_\_\_\_\_

**E-MAIL ADDRESS:** \_\_\_\_\_

**CHILDRENS' AGES & GRADE(S):** \_\_\_\_\_