



# January



## FREE PARENT DISCUSSION GROUP

### The Mental Health Association

**10AM-12PM**

31 Water St #7, Jamestown NY

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

## IN PERSON OR ZOOM

### BOOK YOUR SPOT NOW!



**TEXT: (716) 489-8999**



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