

They're Back (Or They Never Left!)

For Parents of Adult Children ages 18 & up!

This practical and enjoyable series will assist parents and caregivers who have adult children in the home, either because they have returned or never left! Topics will include "house rules," division of responsibility, respectful communication and financial issues.

"We feel more prepared to deal with our adult child in a positive manner and know that we are not alone . . . AND the class was a lot of fun too! We have become empowered to take care of ourselves, as well."

- Mom and Dad of a twentysomething

Two Session series - \$40/family fee

Thursdays, January 14 and 21, 2016

Snowdate: January 28, 2016

6:00 - 9:00 PM

Cornell Cooperative Extension Orange County
18 Seward Avenue, Third Floor
Middletown, NY 10940

Relatives as Parents Program (RAPP)

For Grandparent & Relative Caregivers

The Relatives as Parents Program (RAPP) is an ongoing education and support program for grandparents and relatives who are providing primary care for related children. Monthly support groups, educational workshops, 4-H youth programs, and other support services are available at two Orange County locations. All parenting programs are FREE for RAPP families.

New! RAPP "Chats" will meet in Port Jervis and Newburgh. Call for details.

Monthly "Coffee & Conversation" Support Groups meet 6:30 - 8:00 PM:

Middletown - First Tuesday at Cornell Coop. Ext., 18 Seward Ave., Middletown, NY 10940

Newburgh/New Windsor - Second Tuesday at King of Kings Lutheran Church, 543 Union Ave., New Windsor, NY 12553

Free childcare and RAPP 4-H Clubs meet at the same time (available with pre-registration)

Call for more information: 344-1234

Family Budget Education

Call today 845-344-1234, an important first step toward financial health!

Our Family Budget Education Program is a FREE and CONFIDENTIAL financial management education program. A trained volunteer will work with you or your family one-on-one to help you set up and use a customized budget and credit repayment plan.

You set the goals for what you want to achieve and your Volunteer Family Budget Educator will help you think about ways to achieve your goals.

How will it help? It assists you to take control of your finances by helping to:

- ◆ Open family communication channels
- ◆ Set Family Financial Goals
- ◆ Organize Financial Records
- ◆ Develop a Written Budget
- ◆ Manage Credit and Debt
- ◆ Pay Bills on Time
- ◆ Talk to Creditors & Negotiate Repayment plans
- ◆ Use Local Community Resources
- ◆ Save Money Regularly

Single Session Presentations (1 - 2 hours in length)

Please call us to book a single session presentation at your workplace or school for staff and/or parents/caregivers. A small fee will cover presentation and handouts.

Topics Include:

- ◆ Cyberbullying
- ◆ Building Relationships with Your Teen
- ◆ Balancing Work and Family
- ◆ Setting Limits... That Really Work
- ◆ Ten Important Tips for Healthy Parent/Child Relationships
- ◆ Raising Responsible Children
- ◆ Home/School Engagement
- ◆ Play, The Work of Children



Additional Program offerings:

Family Budget Education (Adults)
Financial Literacy for Youth
Nutrition and Foods Classes

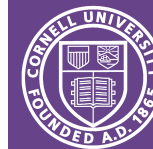
Additional funding and support for these programs are provided by Cornell Cooperative Extension Orange County, Older American Act Award through US Administration on Aging/The New York State Office for the Aging, the Orange County Office for the Aging, NYS Office of Children and Family Services/Orange County Youth Bureau, the Brookdale Foundation, Kinship Navigator County Collaboration Demonstration Project, Orange County Department of Health/USDA Farm to School grant, King of Kings Lutheran Church, Florida Union Free School District, Empowering Port Jervis, Mount Saint Mary College-Desmond Campus, and Seligmann Center for the Arts.

Because Kids Don't Come with Directions



Programs for Parents and Caregivers

Fall 2015



Cornell University
Cooperative Extension
Orange County

845-344-1234 cceorangecounty.org

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact our office if you have any special needs.

REGISTRATION FORM

All series require registration. Please complete the form and return it with the **family** (adults living in the same household) or **program fee**, as noted. **Sorry, no refunds.**

All parenting programs are FREE for RAPP families.

Yes, I/We want to attend:

Balancing Media and Technology in Family Life

Register through Mount Saint Mary College-see program description - \$25/family fee

Discipline is Not a Dirty Word

Florida - No fee Middletown - \$40/family fee

Healthy Children – Healthy Families - No fee

They're Back! - \$40/family fee

Name(s)

Address

City

State

Zip

Day Phone

E-mail Address

Ages of Children

Yes / No (Please circle one) Cornell Cooperative Extension is granted permission to use and/or publish my photograph or image (including audio, film, digital image or any other media) for educational programs, websites or promotion of Extension programs.

Signature

Please mail form and payment to:

Cornell Cooperative Extension Orange County,
18 Seward Ave., Suite 300, Middletown, NY 10940-1919.
Attn: Parenting Education

Enclosed is a check in the amount of \$ _____

(Make checks payable to: Cornell Coop. Extension OC)

Charge to my:

MasterCard Visa Disc. _____ Exp. Date (mo./yr.)

Credit Card Number

Signature

Balancing Media and Technology in Family Life

For Parents & Caregivers of Children of All Ages

Many parents, caregivers and educators are concerned about children's screen use and potential impacts, but don't know what to do about it. This three hour workshop includes practical information and realistic strategies to help manage TV and other screen usage. Topics include: impacts of screen use on children and families, children as a "media market," the effects of media violence including cyberbullying, "netiquette" and basic internet safety.

"I have been tempted to restrict all media usage for my pre-teen, but now understand how to help her use media wisely and safely!"

- Parent

\$25/family fee

Thursday, September 24, 2015, 6:00-9:00 PM

Mount Saint Mary College Desmond Campus
6 Albany Post Road, Newburgh, NY 12550

Register through MSMS Desmond Campus
by calling 845-565-2076 or on their website
www.msmc.edu/desmond

Discipline is Not a Dirty Word

For Parents & Caregivers of Children 2-12 Years

Most parents agree that getting their children to behave is both important AND difficult. This three session series will help parents and caregivers learn and practice seven principles of positive and persuasive discipline. Participants will also learn:

- ◆ Understanding parenting styles,
- ◆ Why children behave the way they do;
- ◆ Effective communication and conflict resolution skills;
- ◆ How to set realistic limits and
- ◆ Providing natural and logical consequences.

"As a result of this series, I have come to appreciate the different approaches and options available for communication and conflict resolution. I will actively work towards implementing them into my daily life."

- Dad

Come join us for an Introductory Single Session
(no fee/no certificate of attendance)

Tuesday, October 13, 2015, 6:30 - 8:30 PM

Golden Hill Elementary School
478 Round Hill Road, Florida, NY 10921

Three Session Series – \$40/family fee

Thursdays, Dec. 3, 10 and 17, 2015. 9:30 - 11:30 AM

Cornell Cooperative Extension Orange County
18 Seward Ave. Middletown, NY 10940

Healthy Children Healthy Families

For Parents & Caregivers of Children 3-11 Years

This fun, interactive eight week series helps adults learn how to make healthy habits happen with their family by combining nutrition, physical activity and positive parenting practices. During the program parents enjoy fun games, yummy snacks and recipes while learning healthy tips and parenting strategies to support them.

"I loved the food and have made the recipes at home for my family. It has given us new ideas to help our family be healthier."

- Mom

Eight Session Series- NO FEE

(funded by O.C. Dept. of Health/-USDA
Farm to School Grant)

Thursdays, Sept. 10, 17, 24,
Oct. 1, 8, 15, 22, and 29, 2015. 9:00 - 11:00 AM.

Empowering Port Jervis
11 Fowler Street, Port Jervis, NY 12771

Be Healthy Be Active

An intergenerational day for youth ages 10 and over to attend with their caregiver/parent!

There are four elements for learning together: trust, communication, cooperation and fun. We can all learn to create healthier, happier lives, individually and collectively, by developing these attitudes and skills. Be Healthy - Be Active will provide an opportunity for teens and adults to play together, work together and learn together in a safe, supportive, inviting outdoor setting.

Saturday, September 19, 2015. 9:30 AM - 3:00 PM

Seligmann Center for the Arts
23 White Oak Drive, Sugar Loaf, NY 10981

Lunch included

Limited to 20 families, register today!!

Participate in an enriching VOLUNTEER experience:

Building a Community Legacy Together!

We are looking for:

Youth ages 14-18. Youth will gain skills in conducting interviews, developing an understanding of elders, team building and problem solving skills and group presentation experience.

Elders ages 65+. Adults will have the chance to share life experiences and "wisdom" with a teen.

If this project doesn't work for you, but you still wish to volunteer, Family and Consumer Sciences is always in need of dedicated individuals to assist with a variety of events and activities. Please call Christina at 344-1234, and mention that you wish to volunteer with our team.

**Please contact us at
845-344-1234 to obtain dates
& more info for this Fall!!**