

Setting Limits That Really Work

This fun, hands-on workshop is designed to help parents and caregivers of young children understand the importance of limit setting and practice skills to help them do so simply and effectively. Participants will learn:

- ◆ Why limits matter
- ◆ How to communicate limits to young children
- ◆ Using "natural and logical consequences" to reinforce limits

Tuesday, November 15, 2016, 12:00 - 2:00 PM
Mental Health Association Orange County, Inc.
73 James P. Kelly Way, Middletown, NY 10940

Let's Talk About... Cyberbullying

For Parents/Caregivers of children of all ages

Cyberbullying is a real and growing problem for today's youth (and even adults!) Join us for this hands-on workshop to talk about:

- ◆ The what, where and hows of cyberbullying
- ◆ How adults can help youth who are bullied
- ◆ Strategies to help youth avoid bullying others
- ◆ The critical role of bystanders and helpful "upstanders"

Wednesday, October 19, 2016, 6:00 - 8:00 PM
Abbott House
100 Commerce Dr., New Windsor, NY 12553

Thursday, December 1, 2016, 7:00 - 8:30 PM
John G. Borden Middle School
109 Bona Ventura Ave., Wallkill, NY 12589

Relatives as Parents Program (RAPP)

This program is an on-going 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 several Orange County locations. All parenting programs are FREE.

"I look forward to attending the monthly support group; I get a night out with my wife, and I know my grandchild is safe and having fun."

- Grandpa

"Coffee & Conversation" and "RAPP Chat" Support Groups

Middletown - First Tuesday, 6:30 - 8 PM
at Cornell Coop. Ext., 18 Seward Ave.,
Middletown, NY 10940

New Windsor - Second Tuesday, 6:30 - 8 PM at
King of Kings Lutheran Church,
543 Union Ave., New Windsor, NY 12553

Port Jervis RAPP CHAT - Third Thursday,
10:30 AM - NOON at First Presbyterian Church,
60 Sussex St., Port Jervis, NY 12771

Newburgh RAPP CHAT - First and Third Saturday,
9:15 - 10:45 AM at the Newburgh Armory Unity
Center, S. Williams St., Newburgh, NY 12550

Free childcare and RAPP 4-H Clubs meet at the same time (available with pre-registration at Middletown and New Windsor sites).

**Call for more information:
845 - 344 - 1234**

One-on-One Parenting Enrichment

Parents/caregivers who have participated in one of our parenting education series may apply for individual parenting enrichment sessions to address specific issues and further enhance their parenting skills.

Three sessions cost \$180/family
(Sliding scale available)

Call for more information 845 - 344 - 1234

All parenting programs are FREE for RAPP families

Building a Community Legacy Together

Cornell University Cooperative Extension in Orange County invites you to participate in a unique research project called Building a Community Legacy Together (BCLT). If you, or someone you know is 65 years or older, or attends grades 9 to 12. please call us for details about this groundbreaking project. Please call 845 - 344 - 1234 for more information.

Additional Program offerings:

Family Budget Education (Adults)
Financial Literacy for Youth

Please contact us at 845 - 344 - 1234 or visit us at cceorangecounty.org for more information. Follow us on Facebook.

Additional funding and support for these programs are provided by Cornell Cooperative Extension Orange County, Older American Act Award through US Administration on Aging/New York State Office for the Aging, the Orange County Office for the Aging, NYS Office of Children and Family Services and the Orange County Youth Bureau, the Brookdale Foundation, Orange County Department of Health, King of King Lutheran Church, 1st Presbyterian Church, St. Peters Lutheran Church, Newburgh Armory Unity Center, Washingtonville Central School District, Valley Central School District, and the Orange County Department of Mental Health/Access Support for Living.

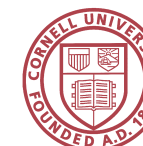
Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact our office if you have any special needs.

Because Kids Don't Come with Directions



Programs for Parents and Caregivers

Fall 2016



Cornell University
Cooperative Extension
Orange County

845 - 344 - 1234 cceorangecounty.org



Office of Children
and Family Services

This publication has been supported by a grant from NYS Office of Children and Family Services, Kinship Caregiver Program. The views expressed in this publication are those of the authors and do not reflect the official policy or position of NYS OCFS.

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:

- Discipline is Not a Dirty Word** - \$40/ family fee
- Preparing for the Teen Years** - \$40/ family fee
- Strengthening Families** - No Fee, but must return coupon
- 5 Simple Parenting Tools** - No Fee
- Setting Limits That Really Work** - No Fee

Let's Talk About Cyberbullying - No Fee

- October 19**
- December 1**

Enclosed is a check in the amount of \$ _____

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

To pay by credit card, register online at cceorangecounty.org or call 845 - 344 - 1234
MasterCard, Discover and Visa accepted.

Name(s)

Address

City

State

Zip

Day Phone

E-mail Address

Ages of Children in Your Care

___ Yes ___ No (Please check 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

Parenting in this Wild New World:

5 Simple Tools for Successful Parenting

For Parents/Caregivers with children of any age

For many parents/caregivers balancing their responsibilities is stressful. This program provides five practical steps to get cooperation to help parents, caregivers AND children feel great about their day.

Thursday, September 8, 2016

6:30 - 8:30 PM

Port Jervis Library

138 Pike Street, Port Jervis, NY 12771

Preparing for the Teen Years

For Parents/Caregivers of pre-teens and young teens

This parenting series will explore changing family dynamics and teach skills to help adults enjoy these transitional years. Topics include: Who is this stranger? Parent-teen relationships, talking with teens about sensitive topics and keeping them safe.

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

Four Session Series – \$40 / family fee

Tuesdays & Thursdays, Sept. 20, 22, 27 & 29, 2016

7:00 - 9:00 PM

Valley Central Middle School

1189 Rt. 17K, Montgomery, NY 12549



Strengthening Families

For Parents/Caregivers and Youth 10-14 years together!

This fun, unique program allows adults and their children to build upon their strengths, enhance relationship and communication skills, practice peer pressure resistance skills and learn how to work through critical teen issues together. This program includes a light meal and childcare for children ages 3 and above.

"I have used the information to listen carefully to my child. Instead of just giving her answers, I help her find ways to solve problems." - Dad

Seven Session Series - **NO FEE**

(Funded by NYS OCFS / Orange County Youth Bureau)
Priority given to Washingtonville Families

Wednesdays,

September 28, October 5, 19, 26,

November 2, 9 & 16, 2016

5:45 - 8:15 PM (Light meal included)

Washingtonville Middle School

38 West Main St., Washingtonville, NY 10992

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 four session series will help parents and caregivers learn and practice seven principles of positive and persuasive discipline. Participants will also learn:

- ◆ To understand different parenting styles
- ◆ Why children behave the way they do
- ◆ Effective communication and conflict resolution skills
- ◆ How to set realistic limits
- ◆ How to provide 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

Four Session Series – \$40 / family fee

Wednesdays, Oct. 19, 26, Nov. 2 & 9, 2016

9:30 - 11:30 AM

St. Peters Lutheran Church

31 West Main St., Port Jervis, NY 12771

