



Cornell University
Cooperative Extension
Orange County

PARENTING & FAMILY LIFE PROGRAMS

SEPTEMBER 2017

Mindfulness for Stress Reduction

For Individuals, Parents and Caregivers

In this workshop participants will learn how to use mindfulness tools that reduce everyday stress and thereby increase their overall quality of life. Topics include:

- What is mindfulness
- How you can train your brain to focus
- Practical tools for every day to reduce stress and increase inner harmony

The best way to capture moments is to pay attention. This is how we cultivate mindfulness. Mindfulness means being awake. It means knowing what you are doing. - Jon Kabat-Zinn

Tuesday, September 5, 6:30 – 8:30 PM

No Fee, donations are appreciated

St. Peters Lutheran Church

31 W. Main St.

Port Jervis, NY 12771

Parenting in this Wild New World

For Parents/Caregivers of Children of All Ages

This program provides five practical steps that support healthy brain development in children and help them cooperate naturally. In this program, participants will:

- Identify their unique family values they wish to share with their children
- Learn about effective parenting styles for today's world
- Acquire five new tools to reduce stress and increase effective communication

"This was the best parenting class I ever took. All information was very helpful." – Mom and program participant in 2016

Tuesday, September 12, 12 – 2 PM

No Fee, donations are appreciated

Mental Health Association

73 James P. Kelly Way

Middletown, NY 10940

Parenting in a Media Age

For Parents/Caregivers of Children of All Ages

This workshop is designed to help parents and caregivers navigate their children through their world of media safely. Participants will learn:

- About the impact of screen time on our brains and how to set limits effectively
- How to communicate effectively about what children see and experience through media
- What is media literacy
- Strategies for modeling the use of media
- Ways to monitor online content

Realistic, honest and very helpful parenting advice, including media literacy and tools to manage screentime. – Parent of a tween, program participant in 2017

Monday, September 18, 6:30 – 8:30 PM
No Fee, donations are appreciated
Department of Mental Health
30 Harriman Drive
Goshen, NY 10924

Parenting Tweens and Teens Effectively

For Parents/Caregivers of Children of Pre-Teens and youth Teenagers

This parenting series will explore changing family dynamics during adolescents and will teach skills to help adults enjoy these transitional years. Topics include:

- Who is this stranger
- Parent-teen relationships
- Talking about sensitive topics
- Keeping tw/eens safe
- Let's talk about Cyberbullying

I am going to use what I learned to set up a plan of action. The plan will cover communication, technology and rules. – Parent and program participant in 2015

4-Sessions, \$40/family

Thursdays, September 28, October 5, 12 & 19, 6:30 – 8:30 PM
St. Peters Lutheran Church
31 W. Main St.
Port Jervis, NY 12771

OCTOBER 2017

Strengthening Families

For Parents/Caregivers and their Youth, attending 6th-8th grade, together!

This unique and fun program allows adults and their youth to build upon their strengths, enhance their relationship and communication skills, practice peer pressure resistance skills and learn how to work through critical teen issues together.

My youth was hesitant about coming, but now she is sad that this is ending. We had fun together. – Mom and program participant in 2016

The program was very helpful, useful and parent oriented. Gave me a sense of how to handle and manage many situations. This was a parent reinforcement program for me as a parent. – Dad and program participant in 2016

7-Session Series – No Fee

(Funded by NYS OCFS)

Wednesdays

October 4, 11, 18, 25, November 1, 8 and **Monday** November 13, 5:45 – 8:30 pm

This program includes a light meal and child care for children ages 3 and above.

Minisink Valley Middle School
2320 Route 6
Slate Hill, NY 10973

Discipline is Not a Dirty Word

For Parents/Caregivers of Children ages 2-12

Getting children to behave is both important AND difficult. This series will help parents and caregivers learn and practice seven principles of positive discipline that are based on research and longitudinal studies about what parenting approaches are best for healthy child development. Participants will learn:

- Most effective parenting styles
- Why children behave the way they do
- Effective communication and conflict resolution
- How to set realistic limits
- How to provide natural and logical consequences that keep everyone's self-esteem in tact

Very grateful this program was available. It was very helpful and a very good experience. – Parent and program participant in 2017

4-Session Series, \$40/family

Tuesdays

October 10, 17, 24 & 31, 10 AM – 12 PM

Washingtonville Teacher's Center

Round Hill Elementary School
1314 NY-208
Washingtonville, NY 10992

AND

Thursdays

October 26, November 2, 9 & 16, 7 – 9 PM

Sanfordville Elementary School Library
144 Sanfordville Rd., Warwick, NY 10990

PARENTING PROGRAMS NOVEMBER

Let's Talk About Race & Racism

For Teachers and School Administrators

Racism is a tough topic and conversations about race and racism are hard to have for adults and youth alike. This is a hands-on workshop where participants learn to talk about how to have empowered conversations about tough topics like race and racism. Participants will learn about:

- The history of racism
- What tools and language to use with children and youth
- The critical role of bystanders and how to be a helpful upstander
- Action steps that empower participants to be the change they wish to see

We need every human gift and cannot afford to neglect and gift because of artificial barriers of sex or race or class or national origin. – Margaret Mead

CLOSED WORKSHOP

NO FEE as is funded by Cornell Cooperative Extension Orange County and the YWCA of Orange County.

Washingtonville Teacher's Center
Round Hill Elementary School
1314 NY-208
Washingtonville, NY 10992

ON-GOING PARENTING & KINSHIP PROGRAMS

1:1 Parenting Education & Enrichment

Parents and caregivers who have participated in one of the CCE parenting series, can book individualized parenting support and enrichment sessions. The sessions are designed to address specific dynamics with their children, to further enhance their parenting skills and to deepen the relationship with their children of all ages.

Call for cost and availability, scholarships may be offered 845-344-1234. All parenting programs are FREE for RAPP families.

Relatives as Parents Program (RAPP)

For Grandparents & Relative Caregivers Providing Primary Care for Related Children

This program provides on-going education and support to relative caregivers through monthly support groups, educational workshops, 4-H youth development program, and other support services at several Orange County locations.

- Middletown – First Tuesday, 6:30 – 8 PM at Cornell Cooperative Extension, 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 1st Presbyterian Church, 60 Sussex St., Port Jervis, 12771
- Newburgh RAPP CHAT – First & Third Saturday, 9:15 – 10:45 AM at the Newburgh Armory Unity Center, S. Williams St., Newburgh, NY 12550

RAPP 4-H Clubs meet at the same time. Free childcare is available with pre-registration at Middletown and New Windsor locations. For information call 845-344-1234.

All parenting programs are FREE for RAPP members.