

REGISTRATION FORM

All programs require registration. Please complete and return this form with all family (adults living in the same household) attending the program and fees as noted. Sorry, no refunds.

All parenting programs are FREE for RAPP families.

I/We want to attend:

- Parenting in this Wild New World, 1/18 – No Fee, but must register
- Parenting in this Wild New World, 2/7 – No Fee, but must register
- Let's Talk About Cyberbullying, 1/23 – No Fee, but must register
- Parenting with Less Stress – No Fee, but must register
- Mindfulness for Stress Reduction – No Fee, but must register
- Parenting Tweens and Teens Effectively – \$40/family fee
- Parenting in a Media Age – No Fee, but must register
- Discipline is Not a Dirty Word – \$40/family fee
- Parenting the Second Time Around – No Fee, but must register

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

Name _____

Email address _____

Address _____

City _____ State _____ Zip _____

Daytime Phone _____

E-mail Address _____

Ages of Children in your care _____

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 _____

Enclosed is a check in the amount of \$ _____

Make checks payable to:

Cornell Cooperative Extension Orange County

Return form and payment to:

Cornell Cooperative Extension Orange County

Cornell Cooperative Extension
Orange County

845-344-1234 • cceorangecounty.org

Cornell Cooperative Extension Orange County



“History will judge us by the difference we make in the everyday lives of children.”

- Nelson Mandela



Please contact us at 845-344-1234 or visit www.cceorangecounty.org

845-344-1234 • cceorangecounty.org

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 programs, and other support services at several Orange County locations.

- **Middletown** – First Tuesday, 6:30 – 8 PM
Cornell Cooperative Extension, 18 Seward Ave.,
Middletown, NY 10940
- **New Windsor** – Second Tuesday, 6:30 – 8 PM
King of Kings Lutheran Church,
543 Union Ave., New Windsor, NY 12553
- **Port Jervis RAPP CHAT** – Third Thursday, 10:30 AM – NOON
1st Presbyterian Church, 60 Sussex Street
Port Jervis, NY 12771
- **Newburgh RAPP CHAT** – Fourth Tuesday, 10:00 – 11:30 AM
Newburgh Armory Unity Center,
321 South Williams Street
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.

OTHER PROGRAMS NOT LISTED:

Please contact us for other programs frequently taught by Cornell Cooperative Extension Orange County that may not have been scheduled at the time this brochure was produced. Our list of programs for parents, caregivers and professionals includes, but is not limited to:

- **Positive Discipline in the Classroom**
- **Strengthening Families**
- **Let's Talk About Race & Racism** - Talking with children about tough topics to help create a culture of dignity and equality
- **Setting Limits**
- **Positive Discipline and Conscious Parenting**
- **Parenting Children with Learning Challenges** (related to ADHD, ASD and similar challenges)

If you are interested in hosting one of our parenting series or workshops, or do not see a program that meets your needs, please contact us at (845) 344-1234.

Additional funding and support for these programs are provided by the NYS Office of Children and Family Services, the Orange County Youth Bureau, the Brookdale Foundation, King of Kings Lutheran Church New Windsor, 1st Presbyterian Church Port Jervis, Newburgh Armory Unity Center, Newburgh Central School District, Greenwood Lake School District, Valley Central School District, BOCES Orange Ulster, and Dr. Winchester-Vega & Assoc.

Parenting Programs Winter/Spring 2018

“Because Kids Don't Come with Directions!”



Cornell Cooperative Extension
Orange County

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.

845-344-1234 • cceorangecounty.org



PARENTING PROGRAMS JANUARY

Let's Talk About Cyberbullying – Prevention Strategies

For Teachers and Administrators

Tuesday, January 9, 3 – 4 PM

Cyberbullying is a real and growing problem for today's youth (and even adults!). In this hands-on workshop we will talk about:

- The what, where and how's 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"

Workshop closed to the public. Orange-Ulster BOCES

Parenting in this Wild New World

For Parents/Caregivers of Children of All Ages

Thursday, January 18, 6:30 – 8 PM

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

No Fee, donations are appreciated

Alternative Learning Center at Maybrook
120 Broadway
Maybrook, NY 12543

"I learned a lot about the brain, and I keep coming back to take more classes." – Mom and program participant in 2017

Let's Talk About Cyberbullying – Prevention Strategies

For Youth, Parents and Caregivers, Teachers and Administrators

Tuesday, January 23, 9:00 – 10:45 AM

Cyberbullying is a real and growing problem for today's youth (and even adults!). In this hands on workshop we will talk about:

- The what, where and how's 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"

No Fee

Greenwood Lake Middle School
1247 Lakes Rd.
Monroe, NY 10950



Parenting with Less Stress

For Individuals, Parents and Caregivers

Saturday, January 27, 10 – 11 AM

Learn how to keep your and your child's brain online and experience less stress in your everyday life. This workshop teaches a five-step process to maintain a positive connection to your child while gaining natural collaboration.

No Fee

Newburgh Armory Unity Center
321 S. William Street
Newburgh, NY 12550



PARENTING PROGRAMS FEBRUARY

Mindfulness for Stress Reduction

For Individuals, Parents and Caregivers

Saturday, February 3, 10 – 11 AM

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

No Fee

Newburgh Armory Unity Center
321 S. William Street
Newburgh, NY 12550

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

Parenting in this Wild New World

For Parents/Caregivers of Children of All Ages

Wednesday, February 7, 6:30 – 8:30 PM

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

No Fee, donations are appreciated

Dr. Winchester-Vega & Associates
3250 US-9W
New Windsor, NY 12553

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

PARENTING PROGRAMS FEBRUARY

Parenting Tweens and Teens Effectively

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

4-Week Series

This parenting series will explore changing family dynamics during adolescence 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 tweens safe
- Let's talk about Cyberbullying



4-Sessions, \$40/family

Wednesdays

February 28, March 7, 14 & 21

6:30 – 8:30 PM

Dr. Winchester-Vega & Associates

3250 US-9W

New Windsor, NY 12553

"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

PARENTING PROGRAMS MARCH

Please call for scheduled programs.

PARENTING PROGRAMS APRIL - MAY

Parenting in a Media Age

For Parents/Caregivers of Children of All Ages

Thursday, April 19, 6:30 – 8:00 PM

This workshop is designed to help parents and caregivers navigate their children through the 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



No Fee, donations are appreciated

Alternative Learning Center at Maybrook
120 Broadway
Maybrook, NY 12543

"Realistic, honest and very helpful parenting advice, including media literacy and tools to manage screen time."

– Parent of a tween, program participant in 2017

PARENTING PROGRAMS APRIL - MAY

Discipline is Not a Dirty Word

For Parents/Caregivers of Children ages 2-12

4-Week Series

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 intact

4-Session Series, \$40/family

Wednesdays

April 11, 18, 25 & May 2, 6:30 – 8:30 PM

Cornell Cooperative Extension Orange County
18 Seward Ave., 3rd Floor
Middletown, NY 10940

"Very grateful this program was available. It was very helpful and a very good experience."

– Parent and program participant in 2017

Discipline is NOT a Dirty Word

PARENTING PROGRAMS JULY

PASTA - Parenting the Second Time Around

A seven-session, national-award-winning program designed for grandparents and other kinship caregivers who are in a parenting role.

7 Sessions, no fee

Come, Share, and Learn about:

- Changing roles and responsibilities
- Discipline that really works
- Rebuilding a family
- Legal concerns
- Teen concerns and challenges
- Community resources and advocacy
- Techniques
- Understanding children's development and behavior



Tuesdays & Thursdays

July 10, 12, 17, 19, 24, 26, 31: 6:00 – 8:00 PM

Family Meal Served: 5:30 – 6:00 PM

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

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

– Margaret Mead