

Professional Development Opportunities

Fall 2018

Half day professional development workshops providing research-based information and practical ideas for professionals who work with children, youth and families.

presented by

**Cornell Cooperative Extension
Suffolk County**

Family Health and Wellness



Each of the following workshops will run from 8:30 a.m. – 12 p.m.

September 21, 2018 **Child Guidance Principles that Work**

Facilitator: Nancy Olsen-Harbich, MA

If we want parents to be more mindful and effective disciplinarians, we need to help them learn how to use positive guidance techniques, perhaps ones they never experienced growing up in their own families. This workshop will focus on simple techniques that help to manage children's behavior without corporal punishment or punitive yelling and that also work to promote children's ability to self-regulate as they mature.

Participants in this workshop will receive 3 credit hours for OCFS training category 1. Principles of early childhood development

November 2, 2018 **All About Adolescents**

Facilitator: Kerri Kreh Reda, M.P.H.

Due to the many social and biological influences that impact an adolescent's behavior and development, adolescence can be a confusing time for both the child and the adults who work with and care for them. During this workshop, we will review adolescent development, including brain development and discuss a variety of factors, specific to girls and boys, which impact their mental, social and emotional health.

REGISTRATION FORM - Professional Development Opportunities - Fall 2018

Dates

- September 21, 2018 \$25.00
- November 2, 2018 \$25.00
- Both days. \$40.00

Cost

Light breakfast and handouts included in conference fee.

**Space is limited, please register early.
Registration closes one week prior to each training.**

Registration Information

Name _____

Organization _____

Address _____

City _____ State _____ Zip _____

Phone _____ E-mail _____

Payment Information

- Make check payable to *Cornell Cooperative Extension of Suffolk County* and return to:

Professional Development
Opportunities - Fall 2018
Attn: Jane Juran
423 Griffing Avenue, Suite 100
Riverhead, NY 11901-3071

- Purchase Order - Check to follow

- Credit card: VISA MasterCard

Card number _____

CW# _____ Expiration date _____

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Directions to Cornell Cooperative Extension

From the West

Take LIE to Exit 72 — Route 58. Continue east to traffic circle and turn right on Roanoke Avenue. Proceed to traffic light and make right turn on Pulaski Street. Make left turn at next light on Griffing Avenue and continue two blocks. Cornell Cooperative Extension will be on right side of street.

From the East

Take Route 25 West (becomes Route 58 after County Road 105) to traffic circle. Go south on Roanoke Avenue and follow directions above.

From the South

Take Sunrise Highway (Route 27) to County Road 51 North. Take CR 51 to end and bear left at CR 94 West (also Route 24). Stay right on CR 94a North and cross river to light at West Main Street. Cross over to Court Street and continue to Griffing Avenue. Turn left and cross railroad tracks. Cornell Cooperative Extension is on left side of road.

Family Health and Wellness

Family Health and Wellness (FHW) is one of the oldest initiatives in the Cooperative Extension system. Originally called Home Economics and supporting rural homemakers with information and classes on home management and food preservation, it expanded into urban and suburban areas as family and consumer sciences with resources on human development, family finances and energy conservation. Today the FHW program continues to evolve and address critical issues facing Suffolk's families: diabetes, childhood obesity and raising healthy children.

FHW educators strengthen families through parent education programs and improve community health through nutrition education, diabetes prevention and self-management, and creating healthier places to live, work and play. They conduct workshops and classes in libraries, schools, county health centers and other community locations throughout Suffolk County. They teach parents, grandparents, educators, child care staff, health care providers, youth workers and human service professionals who care for and work with children, youth and families.