

Families BUILD positive relationships.



**Strengthening Families Program**  
Presented by  
**Cornell Cooperative Extension**  
Albany County

**Please join us for the Strengthening Families Program:**  
**Youth Ages 14-16 and Parents/Caregivers**

**DATE:** The series begins on Monday, January 7<sup>th</sup> and runs for three weeks:  
**1/7, 1/14, 1/28**

*Certificates of completion will be awarded to those who attend all three sessions.*

**TIME: 5:30 – 8:00 p.m.**

**LOCATION: Watervliet Public Library, 1501 Broadway #1, Watervliet**

**This version of the Strengthening Families Program is designed for youth ages 14 -16 and their parents/caregivers. Dinner is provided at each workshop, and each family will win a family fun gift basket. *Bus passes are available, if needed.***

The Strengthening Families Program is a fun, interactive series of workshops that allow parents/caregivers to spend special time with their youth and help him/her be successful in their teen years. During each session, parents/caregivers and their youth will learn ways to build on existing strengths, improve communications skills, and have fun together as a family.

**Topics to expect:**

- How to set limits while supporting growth
- Developing emotional awareness, and how to manage emotions
- Managing the challenges of peer pressure
- Keep family love alive, give compliments, and have FUN! together as a family.

**The Strengthening Families Program strives to empower your family. We celebrate family strengths, improve communications skills, and provide support to both youth and parents/caregivers!**

**Advanced registration is required.** Completed registration forms can be returned to:  
Maria DeLucia-Evans, CCE Albany, Phone: 518.765.3559, Fax: 518.765.2490,  
[mkd59@cornell.edu](mailto:mkd59@cornell.edu)

**Cornell Cooperative Extension | Albany County**



24 Martin Road, Voorheesville, NY 12186

518-765-3500 • FAX 518-765-2490 • [www.ccealbany.com](http://www.ccealbany.com) • [www.facebook.com/ccealbany](http://www.facebook.com/ccealbany)

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 the Cornell Cooperative Extension Albany County office if you have any special needs.

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How many family members will be attending: \_\_\_\_\_

School(s) attended by your Child(ren): \_\_\_\_\_

Parent/Caregiver Name(s): \_\_\_\_\_

Child #1 Name: \_\_\_\_\_ Age: \_\_\_\_\_ M or F

Child #2 Name: \_\_\_\_\_ Age: \_\_\_\_\_ M or F

Home Address: \_\_\_\_\_

Home Phone #: \_\_\_\_\_ Cell Phone #: \_\_\_\_\_

email \_\_\_\_\_

Does any family member have a food allergy? If yes, please list: \_\_\_\_\_

Bus passes are needed for transportation assistance.  Yes  No

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