

Families BUILD positive relationships.



Strengthening Families Program
Presented by
Cornell Cooperative Extension
Albany County

**Please join us for a Virtual Strengthening Families Program:
Youth Ages 11+ and Parents/Caregivers**

Date: The series begins on Tuesday, January 19th and runs for four weeks:

1/19, 1/26, 2/2, 2/9

Youth Program: 5:30 – 6:00 p.m.

Parent/Caregiver Program: 6:30 – 7:30 p.m.

All programs to be held via Zoom. Zoom meeting information will be provided prior to the program start for all registered participants. Certificates of completion will be awarded to those who attend all four sessions.

(Parents/caregivers and youth may also enroll in this program individually.)

Adapted for a virtual platform, this version of the Strengthening Families Program is a four-week online program for parents/caregivers and youth ages 11 - 18.

Youth programs will include 30 minutes of interactive activities to discuss teen development, communication skills, managing emotions, and how to practice mindfulness and positive self-talk. Youth will be encouraged to share their activities and knowledge with their parents/caregivers.

Parent/caregiver programs are one-hour in length, and help participants enhance their parenting skills. Parents/caregivers, who are the experts on their families, will develop a deeper understanding of how their personal and parenting knowledge and behavior affects their children. This program will also include helpful family activities, and activities for parents/caregivers to share with their youth.

Additional Topics include:

- Understanding tween and teen development,
- Strategies to improve family communication,
- Internet and social media safety,
- Creating a better understanding of tween and teen challenges,
- Helpful discipline strategies

The Strengthening Families Program strives to empower families. We celebrate family strengths, improve communication skills, and provide support to both youth and parents/caregivers – **even if done virtually!**

Advanced registration is required either via Zoom at

https://cornell.zoom.us/meeting/register/tJ0tduuurjwjG91PO_v5pObejqGpCkcCqof

or by contacting Maria at mkd59@cornell.edu or text/phone 518.598.9937.

Cornell Cooperative Extension | Albany County



24 Martin Road, Voorheesville, NY 12186

518-765-3500 • FAX 518-765-2490 • www.ccealbany.com • 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.