

Cornell Cooperative Extension Albany County presents
Strengthening Families Program: The Middle Years

a four-part, researched-based program for parents/caregivers of youth ages 5 - 10



Wednesdays, August 4, 11, 18, 25
Noon – 1:00 p.m.

*All programs to be held via Zoom. Zoom meeting information is provided upon program registration.
Certificates of completion will be awarded to those who attend all four sessions.*

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 also includes helpful family activities, and activities for parents/caregivers to share with their youth.

Additional Topics include:

- Strategies to manage parent and child stress
- Understanding parenting styles
- Raising responsible children with positive discipline strategies
- Improving family communication and strengthening family relationships

Advanced registration is required via Zoom at

<https://cornell.zoom.us/meeting/register/tJYpc-ytrDMvHNFYQxzoRElqGVRkN6fhCu8v>

or by contacting Maria at:

mkd59@cornell.edu, text/phone 518.598.9937.

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