

Cornell Cooperative Extension Albany County presents

Strengthening Families Program: The Tween/Teen Years

a four-part, researched-based program for parents/caregivers of youth ages 11 - 18



Thursdays, August 5, 12, 19, 26

Noon – 1:00 p.m.

*All programs to be held via Zoom. Zoom meeting information is provide upon 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:

- 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

Advanced registration is required via Zoom at

<https://cornell.zoom.us/meeting/register/tJYudu-przstE9GNk9PjxqZG5S86uPT9MMd6>

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

Cornell Cooperative Extension | Albany County

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