



Parent Workshops: Supporting Youth Mental Health

Join us for FREE educational programs to help you learn valuable information to promote and understand youth mental health!

Teens and Screens

The ever-increasing presence of technology in teens' lives presents new opportunities, but not without potential questions and risks. This workshop explores the latest research on the impact of screens on youth mental health. Participants will learn strategies and have opportunities for discussion around how to best manage parenting in this technology-infused world.

Tuesday, December 12, 2023, 10-11am

Register here: <https://cornell.zoom.us/meeting/register/tJUtduytrD0jHNWOFoegQQPcX-B7Q3aWBoml>

Recognizing and Managing Anxiety

Anxiety has been on the rise over the past decade. It is not always easy to recognize the difference between normal worries and anxiety disorders in children and teens. This workshop helps parents explore how to recognize anxiety and learn practical tips and strategies to support their children and build emotional resilience.

Thursday, December 14, 2023, 10-11am

Register here: https://cornell.zoom.us/meeting/register/tJYvd-utqD0oGd30XMCW_Wm1R0vfz9fEKUp-

Cultivating Resilient Teens

Teenagers today face many stressors. As such, the number of adolescents reporting poor mental health has been on the rise. In this workshop, participants will learn strategies to help parents untangle and support their teenagers' emotional lives. Parents will learn how to help their teens to develop healthy social relationships, set proper boundaries, and develop effective communication to build and maintain resilience.

Tuesday, December 19, 2023, 10-11am

Register here: https://cornell.zoom.us/meeting/register/tJlvdeuvqzorE9YaOTsU0wrCyslrpq_p440

Questions? Contact Cara Sultan at caw10@cornell.edu

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

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