

GAS CARDS are available to friends or relatives willing to provide your transportation to the class site. Cards are given out at class on a limited, first come basis.

- YES I will need a Gas Card
- YES I will need childcare or I'm bringing my TEEN for the TEEN Program

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Please list ANY SPECIAL NEEDS OF YOUR CHILDREN ATTENDING we should be aware of: _____

Names and ages of my/our other children in the family who will not be attending:

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Name _____ Age _____

Please bring any necessary diapers, bottles, change of clothes for your children!



For more information contact:
Nancy Anderson
Operations Coordinator
(585) 394-3977 x 427
nea8@cornell.edu



Directions to Workshop Site:

The **Jim Dooley Center for Early Learning** is on the Geneva General Hospital Campus. From North Street in front of the hospital, turn onto Mason Street. Drive to end and turn left onto Bell Avenue. Follow Bell Avenue around the back of the hospital and you will see the Child Care Center

**Cornell Cooperative Extension
Ontario County**

480 North Main Street
Canandaigua, NY 14424-1049
Phone (585) 394-3977
Fax (585) 394-0377
ontario@cornell.edu

*PARENTING
SKILLS
WORKSHOP
SERIES #109*

*FOR FAMILIES WITH
CHILDREN OF ALL
AGES INCLUDING
TEENS*

*Join us for our next
workshop!*

March 5, 2024
to
April 23, 2024

**Cornell Cooperative Extension
Ontario County**

Why should I attend this class?

Parenting is hard work. There are some basic skills you can learn that will make it easier. During this eight-week program you can learn five (5) skills that will help you deal more effectively with challenging parent/child situations. ENCOURAGEMENT, CAN-DO, CHOICES, SELF CONTROL AND RESPECTING

Parenting Skills
Workshop Series #109
is held on
Tuesday Evenings
from
6:30 PM—8:30 PM
March 5, 12, 19, 26
April 2, 9, 16,
April 23, Celebration Dinner
Jim Dooley Center
For Early Learning

Note: To receive the CERTIFICATE OF COMPLETION, parents & teens **must** attend six of the first seven sessions. The eighth session is a dinner & celebration and does not count towards attendance.

The TEEN Program

A separate, special program offered just for the **TEENS** (age 13 and up) of those parents attending will be held in conjunction to the Parenting Program. It will have its own room AND its own facilitator. The **TEENS** will be taught the same five skills as the parents, but with strategies tailored for the younger minds.

They will use a variety of learning strategies while encouraging the **TEENS** to use self-expression, understand their own emotions, and to make appropriate choices. **Teen** participants will be able to practice their skills during class and be encouraged to use these new techniques at home. The class will create a level of understanding of their parents' struggles and respect for the fact that they are working hard in the next room to do better job of parenting.

Both programs are **FREE** and offered to Ontario County parents.

This program is funded through a generous grant from the Ontario County Department of Social Services.



Registration Form
Parenting Skills Workshop #109
March/April 2024

Name: _____

Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Or messages _____

Email address: _____

Who referred you: _____

Agency: _____

Phone: _____

Email address: _____

Registration to the Parenting Skills Workshop Series #109 must be postmarked by **February 25, 2024**. Late registrations only accepted if we can accommodate you.

Return registration form to:
Parenting Skills Workshop Series
Cooperative Extension Center
480 North Main Street
Canandaigua, NY 14424



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