

Cornell Cooperative Extension Albany County presents

## The Tween/Teen Years

a six-hour, researched-based program for parents/caregivers of youth ages 11 – 18



**Thursdays, 4/18, 4/25, 5/2, 5/9, 5/16/2024**

**Noon – 1:15 p.m.**

*All programs to be held via Zoom.*

Certificates of completion will be awarded to those who attend all five sessions in full and answer a weekly exit question.

Participants will also be asked to complete a pre and post survey.

The Tween/Teen Years helps participants **enhance their parenting skills.**

Join to develop a deeper understanding of how your personal and parenting knowledge and behavior affect your children.

### Topics Include:

- Understanding tween and teen development,
- Strategies to improve family communication,
- Positive discipline strategies that encourage independence,
- Internet and social media safety,
- Creating a better understanding of tween and teen challenges,
- A nutrition lesson with practical tips to create healthy habits and save money at the grocery store.



**Advance registration is required via Zoom at:**

<https://cornell.zoom.us/join/9tJApd-6hrzwrH9zEPXzXPhKabf67smONOC6R>

Contact Maria DeLucia-Evans with questions at: [mkd59@cornell.edu](mailto:mkd59@cornell.edu).

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