

PARENTING DOESN'T COME WITH A MANUAL...BUT THIS IS PRETTY CLOSE

PARENT AND SUPPORT EDUCATION (PASE)

This workshop is a free, hands-on course designed for real-life Dutchess County parents with real-life challenges. Whether you're parenting a toddler, teen, or somewhere in between, this workshop delivers clear, doable communication skills that actually work.

Choose your style:

→ 5-week series for parents who want deeper connection and time to practice

→ 4-hour intensive for folks who like their insight fast and focused

Both are available in-person or virtual.

Participants get:

→ Certificate of Completion

→ Interactive training of parenting skills and activities to use every day!

It's free. It's flexible. It's filled with parenting "hacks!"

Fall sessions booking now. Presented in a way that is specific for *your* population, this is perfect for parents who want **better communication, stronger relationships and few meltdowns** on all sides.

**This workshop does not qualify for nor can be a substitute for the DCFS mandated class. This service is provided to Dutchess County organizations and residents only.*



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**Cornell Cooperative Extension
Dutchess County**

Cornell Cooperative Extension is an employer and educator recognized for providing equal program and employment opportunities.

Boost your child's confidence with every encouragement

guide behavior without yelling or threats (yes, really!)

give your child choices that actually work for you

keep your cool when things get heated

connect more deeply by honoring emotions (yours & theirs)