

PARENT AND SUPPORT EDUCATION (PASE)

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

This FREE workshop is a 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, actionable communication skills that actually work.

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

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!"

Please pack a light meal or snack.



Saturday, October 17thth 10AM-2PM

← Registration required *FREE!*

Red Hook Community Center

59 Fisk St.

Red Hook NY 12571

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).



**Cornell Cooperative Extension
Dutchess County**



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