

Families BUILD positive relationships.



Strengthening Families Program
Presented by
Cornell Cooperative Extension
Albany County

**Please join us for a Virtual Strengthening Families Program:
Youth Ages 11+ and Parents/Caregivers**

Date: The series begins on Wednesday, December 5th and runs for four weeks:

12/2, 12/9, 12/16, 12/30

Youth Program: 5:00 – 5:30 p.m.

Parent/Caregiver Program: 6:30 – 7:30 p.m.

All programs to be held via Zoom. Zoom meeting information will be provided prior to the program start for all registered participants. Certificates of completion will be awarded to those who attend all four sessions.

(Parents/caregivers may also enroll in this program without having their youth participate.)

Adapted for a virtual platform, this version of the Strengthening Families Program is a four-week online program for parents/caregivers and youth ages 11 - 18. Parents/caregivers and youth will participate in separate virtual workshops learning ways to build on existing strengths, improve family communications skills, and share ideas on how to build family relationships.

Youth programs will include 30 minutes of interactive, hands-on activities to discuss teen development, communication skills, managing emotions, and how to practice mindfulness and positive self-talk. Youth will be encouraged to share their activities and knowledge with their parents/caregivers.

Parent/caregiver programs are one-hour in length, and help participants enhance their parenting skills. Parents/caregivers, who are the experts on their families, will develop a deeper understanding of how their personal and parenting knowledge and behavior affects their children. This program will also include helpful family activities, and activities for parents/caregivers to share with their youth.

Additional Topics include:

- Understanding tween and teen development,
- Strategies to improve family communication,
- Internet and social media safety,
- Creating a better understanding of tween and teen challenges,
- Helpful discipline strategies

The Strengthening Families Program strives to empower families. We celebrate family strengths, improve communication skills, and provide support to both youth and parents/caregivers – even if done virtually!

Advanced registration is required by contacting Maria at mkd59@cornell.edu or text/phone 518.598.9937.

Cornell Cooperative Extension | Albany County



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