

Strengthening Families Night!

(for parents/caregivers and youth, ages 5 - 17)



Wednesday, November 30, 2022

5:30 - 7:00 pm

In-person or Virtual

In-person at the Washington Ave Branch of the Albany Public Library,
161 Washington Ave, Albany 12210

In-person dinner 5:30 - 6:00PM

Program runs 6:00 - 7:00PM

This is an interactive program for parents/caregivers and youth to celebrate family strengths through fun activities.

Participating parents/caregivers and youth will learn and practice strategies for successful family communication, reaffirm what youth and adults need from each other, and discover the power of compliments and positive communication.

Participating parents and youth will win a \$15 Amazon gift card!

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

Advanced registration is required with Maria at mkd59@cornell.edu. Please indicate names of family members attending, ages of youth, and if you will be joining in-person or virtually.

We must have a minimum of five families registered to hold this program.

Cornell Cooperative Extension | Albany County

24 Martin Road, Voorheesville, NY 12186

518-765-3500 • FAX 518-765-2490 • www.ccealbany.com • www.facebook.com/ccealbany

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