

Cornell Cooperative Extension Albany County presents
Strengthening Families Program: The Middle Years

a six-hour, researched-based program for parents/caregivers of youth ages 5 - 10



Wednesdays, 4/19, 4/26, 5/3, 5/10, 5/17
Noon – 1:15PM

All programs to be held via Zoom.

Certificates of completion will be awarded to those who attend all sessions in full.

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

The Middle 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.

This program now includes a **nutrition lesson** led by a registered dietitian. During this lesson you will learn nutrition basics when it comes to feeding yourself and your family, practical tips to create healthy habits, and ways to save money at the grocery store.

Additional Topics Include:

- Strategies to manage parent and child stress
- Raising responsible children with positive discipline strategies
- Improving family communication and strengthening family relationships

Advance registration is required via Zoom at:

<https://cornell.zoom.us/meeting/register/tJllc-2hpzMsGNQz42RzaxQhjTLRd45R1Pbq>

Contact Maria DeLucia-Evans with questions at

mkd59@cornell.edu.

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