

Cornell Cooperative Extension Albany County presents

Strengthening Families Program: The Tween/Teen Years

a six-hour, researched-based program for parents/caregivers of youth ages 11 - 18



Thursdays, 4/20, 4/27, 5/4, 5/11, 5/18
Noon – 1:15 p.m.

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 Tween/Teen 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:

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

Advance registration is required via Zoom at:

<https://cornell.zoom.us/meeting/register/tJYqcOuvqjooH9OifJrjXE4rjmL6qYJRxwyu>

Contact Maria DeLucia-Evans with questions at
mkd59@cornell.edu.

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