

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



Thursdays, 1/11, 1/18, 1/25, 2/1, 2/8
Noon – 1:15PM

All programs to be held via Zoom.

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

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

The Middle Years helps participants **enhance their parenting skills**. Develop a deeper understanding of how your personal and parenting knowledge and behavior affect your children.

Additional Topics Include:

- Strategies to better manage parent and child stress,
- Understanding parenting styles and how they affect children,
- Raising responsible children with positive discipline strategies,
- Managing screen time and improving media literacy,
- Family communication and strengthening family relationships,
- A nutrition lesson led by a registered dietician with practical tips to create healthy habits and save money at the grocery store.

Advance registration is required via Zoom at:

<https://cornell.zoom.us/join/joinMeeting/register/tJMpf-CqrzMuE9DiIV6OIBBrW3CE-Bpum78x>

Contact Maria DeLucia-Evans with questions at

mkd59@cornell.edu.

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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