

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



Fridays, 1/12, 1/19, 1/26, 2/2, 2/9
Noon – 1:15 p.m.

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 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.

Additional Topics Include:

- Understanding tween and teen development,
- Strategies to improve family communication,
- Positive discipline strategies that encourage independence,
- Internet and social media safety,
- Creating a better understanding of tween and teen challenges,
- 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/meeting/register/tJUqc-GpgTijHNBfZbHVp7oBzquUDWqTPscw>

Contact Maria DeLucia-Evans with questions at

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