

Empowering Families Collaborative Presents

PARENT SUPPORT



Parent Workshops: Supporting Youth Mental Health

Join us for **FREE** educational programs for parents to learn valuable information to promote and understand youth mental health.

Recognizing and Managing Anxiety in Youth

Anxiety has been on the rise over the past decade. This workshop helps parents explore how to distinguish anxiety from normal worries. Parents will learn practical parenting tips to support their children and build emotional resilience.

Thursday, April 11, 12-1pm

https://cornell.zoom.us/join/https://cornell.zoom.us/meeting/register/tJAod0msqD8qG91F2_fgej6znUdjp3pFvQ3a

Tuesday, May 7, 12-1pm

<https://cornell.zoom.us/join/https://cornell.zoom.us/meeting/register/tJYsd0morjMqGtcLkZDENI-o8CxV61uiAcyP>

Cultivating Resilient Teens

In this workshop, participants will learn strategies to help parents untangle and support their teenagers' emotional lives. Parents will learn how to help support their teens among the many stressors they face today.

Thursday, April 18, 12-1pm

<https://cornell.zoom.us/join/https://cornell.zoom.us/meeting/register/tJYsd0morjMqGtcLkZDENI-o8CxV61uiAcyP>

Tuesday, May 14, 12-1pm

<https://cornell.zoom.us/join/https://cornell.zoom.us/meeting/register/tJMkd-urDMvHdwZBWxtitvASEbKgaVyz40r>

Teens and Screens

The ever-increasing presence of technology in teens' lives presents new opportunities, as well as potential questions and risks. This workshop explores the latest research on the impact of screens and parenting strategies around how to best in this technology-infused world.

Wednesday, May 1, 12-1pm

<https://cornell.zoom.us/join/https://cornell.zoom.us/meeting/register/tJlqf-sqjsvGNMw9ix2EREjW4Boxwc2efCQ>

Thursday, May 23, 12-1pm

<https://cornell.zoom.us/join/https://cornell.zoom.us/meeting/register/tJlIf-GqrD8sGtSh0AECEIAuOT5a1j8nQLX8>

Caring for Yourself in Stressful Times

Often, we forget about self-care as we become stressed or overwhelmed, just when we need it most. Caring for oneself allows parents to be more resilient and better manage stress, allowing them to better care for their children and meet their responsibilities.

Wednesday, Apr 10 12-1PM

https://cornell.zoom.us/join/https://cornell.zoom.us/meeting/register/tJAqceCgqz0uHtLw_4joQqYkAMFun35XRS6c

Friday, May 24, 2024, 12-1PM

<https://cornell.zoom.us/join/https://cornell.zoom.us/meeting/register/tJAocOmtqTlvGNwzOwrnH9Wf7OMP611y1avg>

Parent Support Groups

Come together with other parents to gain support & share the challenges of raising teens.

Free and no registration required.

April 10 • 5-6pm

April 15 • 3:30-4:30pm

April 17 • 5-6pm

Special Workshop:

School Avoidance • April 8, 4-5pm

<https://us02web.zoom.us/j/87103077952?pwd=VzNoVIRBMklOYzFDR25wdFRITXVnQT09>

Meeting ID: 871 0307 7952

Meeting Password: 822376



Grupo Para Padres de Adolescentes

Temas: Comprendiendo a los adolescentes, Adolescentes y el Uso de sustancias, Como comunicarnos claramente con nuestros adolescentes, y mas!

<https://us02web.zoom.us/j/81499043381?pwd=Zy9jcU1nTGtDanpyS0R4ZGloR3I2Zz09>

EAC Network Meeting ID: 814 9904 3381

Passcode: 973260

Esther Gonzalez Telefono: (631) 954-1454

Se requiere registro:

Martes 6:00pm-7: abril 16 abril 30

Please contact the Cornell Cooperative Extension of Suffolk County office if you have any special needs.

Cornell Cooperative Extension | Suffolk County

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