

Single Session Parenting Programs



Let's Talk about... Cyberbullying

For Parents/Caregivers of Children of All Ages

Cyberbullying is a real and growing problem for today's youth (and even adults!). Join us for this hands-on workshop to talk about:

- The what, where and how's of cyberbullying
- How adults can help youth who are bullied
- Strategies to help youth avoid bullying others
- The critical role of bystanders and helpful "upstanders"

"I have been tempted to restrict all media usages for my pre-teen, but now understand how to help her use media wisely and safely!"

– Participating parent, 2015

Wednesday, January 11
(Snowdate: Wednesday, January 18)
7:00 – 9:00 PM

Childcare available for children ages 3 and older.

Warwick Valley Middle School Media Center
225 West St.
Warwick, NY 10990

Thursday, January 19
(Snowdate: Friday, January 20)
11:00 AM – 1:00 PM

Directorate of Family and Morale, Welfare & Recreation
West Point, NY
West Point families only

Parenting in this Wild New World: 5 Simple Tools for Successful Parenting

This program provides five practical steps that support healthy brain development in children and help them cooperate naturally. In this workshop, participants will:

- Identify their unique family values
- Learn about effective parenting styles for today
- Acquire new tools to reduce stress

Thursday, April 6, 2017
6:00 – 8:00 PM
St. Peters Lutheran Church
31 West Main St.
Port Jervis, NY 12771



Parenting in a Media Age

This workshop is designed to help parents and caregivers navigate their children through their worlds of media safely. Participants will learn:

- Why setting limits on screen time matters
- How to communicate effectively about what children see and experience through the media
- Strategies for modeling the use of media
- Ways to monitor what children are exposed to

Tuesday, May 16, 2017
12:00 – 2:00 PM
Mental Health Association Orange County, Inc.
73 James P. Kelly Way
Middletown, NY 10940

1:1 Parenting Education & Enrichment

Individualized Parenting Sessions

Parents/caregivers who have participated in one of CCE's parenting education series may apply for parenting education enrichment sessions to address specific issues and further enhance parenting skills.

Three sessions cost \$180/family (scholarships may be available)
All parenting programs are FREE for RAPP families
Call for more information 845-344-1234



Additional Program offerings include:

- Family Budget Education (Adults)
- Financial Literacy for Youth
- Nutrition and Foods Classes

Please contact us at 845 - 344 - 1234 or visit us at cceorangecounty.org for more information. Follow us on Facebook:



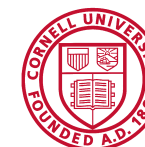
Additional funding and support for these programs are provided by the NYS Office of Children and Family Services and the Orange County Youth Bureau, the Brookdale Foundation, King of King Lutheran Church New Windsor, 1st Presbyterian Church Port Jervis, St. Peters Lutheran Church Port Jervis, Newburgh Armory Unity Center, Highland Falls Central School District, Valley Central School District, Warwick Valley Central School District, the Mental Health Association of Orange County, Inc. and the Orange County Department of Mental Health/ Access Support for Living

Because Kids Don't Come with Directions



Programs for Parents and Caregivers

Winter/Spring 2017



Cornell University
Cooperative Extension
Orange County

845 - 344 - 1234 cceorangecounty.org

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and individuals with Disabilities and provides equal program and employment opportunities. Please contact our office if you have any special needs.

REGISTRATION FORM

All series require registration. Please complete the form and return it with the **family** (adults living in the same household) or **program fee**, as noted. Sorry, no refunds.

All parenting programs are FREE for RAPP families.

- I/We want to attend:
- ☐ **Strengthening Families** - *No Fee, but must return coupon*
 - ☐ **Discipline is Not a Dirty Word** - *\$40/family fee*
 - ☐ **Preparing for the Teen Years** - *\$40/family fee*
 - ☐ **Let's Talk About Cyberbullying** - *No Fee*
 - ☐ **Parenting in this Wild New World** - *No Fee*
 - ☐ **Parenting in a Media Age** - *No Fee*

Enclosed is a check in the amount of \$ _____
(Make checks payable to: Cornell Coop. Extension OC)

To pay by credit card, register online at cceorangecounty.org or call 845-344-1234
MasterCard, Discover and Visa accepted.

Name(s) _____

Address _____

City _____

State _____ Zip _____

Day Phone _____

E-mail Address _____

Ages of Children in Your Care _____

___ Yes ___ No (Please check one) Cornell Cooperative Extension is granted permission to use and/or publish my photograph or image (including audio, film, digital image or any other media) for educational programs, websites or promotion of Extension programs.

Signature _____
Please mail form and payment to:
Cornell Cooperative Extension Orange County,
18 Seward Ave., Suite 300, Middletown, NY 10940-1919
Attn: Parenting Education

Winter/Spring Parenting Series

Strengthening Families

For Parents/Caregivers and Youth (attending 6th – 8th grade) together!

This fun, unique program allows adults and their youth to build upon their strengths, enhance relationship and communication skills, practice peer pressure resistance skills and learn how to work through critical teen issues together. This program includes a light meal and childcare for children ages 3 and above.

“The program was very helpful and directly applicable for parents. I will use what I learned for the rest of my children’s lives.”
– Participating parent, 2016

Seven Session Series – NO FEE
(Funded by NYS OCFS/O.C. Youth Bureau)
Priority given to Highland Falls Families

Wednesdays
February 22 (snow date 23),
March 1, 8, 15, 22, 29 and April 5
5:45 – 8:30 PM (Light meal included)
Childcare available for children ages 3 and older

Highland Falls Intermediate School
52 Mountain Ave.
Highland Falls, NY 10928

Discipline is Not a Dirty Word

For Parents/Caregivers of Children 2-12 Years

Most parents agree that getting their children to behave is both important AND difficult. This series will help parents and caregivers learn and practice seven principles of positive persuasive discipline. Participants will learn:

- To understand different parenting styles
- Why children behave the way they do
- Effective communication and conflict resolution skills
- How to set realistic limits
- How to provide natural and logical consequences

“As a result of this series, I have learned how to keep consistent limits and how to discipline my child in a positive way.”

– Participating parent, 2016

All Four Session Series - \$40/family fee
All parenting programs are FREE for RAPP families

Wednesdays, April 19, 26, March 3 & 10
6:00 – 8:00 PM
King of Kings Lutheran Church
543 Union Avenue
New Windsor, NY 12553



Preparing for the Teen Years

For Parents/Caregivers of pre-teens and young teens

This parenting series will explore changing family dynamics and teach skills to help adults enjoy these transitional years. Topics include: Who is this stranger? Parent-teen relationships, talking with teens about sensitive topics and keeping them safe.

“My child is young, but I feel prepared for the changes in the years to come.”
– Participating parent, 2016

Four Session Series - \$40/family fee
All parenting programs are FREE for RAPP families

Thursdays, March 9, 16, 23 & 30
7:00 – 9:00 PM
Valley Central Middle School
1189 Rt. 17K
Montgomery, NY 12549

Kinship Programs

Relatives as Parents Program (RAPP)

For Grandparents & Relative Caregivers

This program is an on-going education and support program for grandparents and relatives who are providing primary care for related children. Monthly support groups, educational workshops, 4-H youth programs, and other support services are available at several Orange County locations. All parenting programs are FREE for RAPP members.

“Coffee & Conversation” and Support Groups

- Middletown – First Tuesday, 6:30 – 8:00 PM at Cornell Coop. Ext., 18 Seward Ave., Middletown, NY 10940
- New Windsor – Second Tuesday, 6:30 – 8:00 PM at King of Kings Lutheran Church, 543 Union Ave., New Windsor, NY 12553
- Port Jervis RAPP CHAT – Third Thursday, 10:30 AM – NOON at 1st Presbyterian Church, 60 Sussex St., Port Jervis, NY 12771
- Newburgh RAPP CHAT – First and Third Saturday, 9:15 – 10:45 AM at the Newburgh Armory Unity Center, S. Williams St., Newburgh, NY 12550

RAPP 4-H Clubs meet at the same time. Free childcare available with pre-registration at Middletown and New Windsor sites. Call for more information: 845-344-1234

“Starting the Conversation” Opening family communication about loss

An intergenerational workshop for caregivers and youth about: common grief and loss reactions, effective coping strategies, and how to facilitate family communication about loss.

Using evidence-based creative activities participants will explore their own emotions and develop improved communication skills. Caregivers and youth will work both independently and together as a family to help break the silence and grow from their experiences.

Saturday, April 29 10:00 AM – 1:30 PM (lunch provided)
Cornell Cooperative Extension
18 Seward Ave.
Middletown, NY