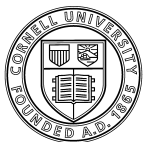


Because Kids Don't Come with Directions

Winter/Spring 2012



Programs for Parents & Caregivers



Cornell University
Cooperative Extension
Orange County

845-344-1234 www.cce.cornell.edu/orange

Cornell University Cooperative Extension provides equal program and employment opportunities. Please contact our office if you have any special needs.

A parenting program for adults and youth *together!*



Strengthening Families

This fun, unique program assists adults and their children (ages 10-13 years) to build upon their strengths, enhance relationships and communication skills and learn how to work through critical teen issues together. This program includes childcare for children ages 3 to 9 years of age, and a light family meal.

Seven-Session Series

Middletown High School
Gardner Ave. Ext., Middletown, NY

Parent Information Meeting

February 29, 6:00 - 8:00 PM

Strengthening Families series dates:

Wednesdays: March 7, 14, 21, 28,
April 4, 18, 25
Snowdate: May 2 5:45 - 8:45 PM

There is no charge for this program. Generously funded by the Enlarged City School District of Middletown~21C Grant. Priority given to school district hosting program.

For Grandparents & Relative Caregivers



Relatives as Parents Program

The Relatives as Parents Program (RAPP) is an educational support program for grandparents and relatives who are providing primary care for relative children. Monthly support groups, educational workshops and resources, 4-H youth programs, and other support services are available at two Orange County locations.

Monthly "Coffee & Conversation" Support Groups meet 6:30-8:00 PM:

Middletown - First Tuesday at
Cornell Cooperative Extension
18 Seward Ave., Third Floor, Middletown, NY

Newburgh/New Windsor -
Second Tuesday at
King of Kings Lutheran Church
543 Union Avenue, New Windsor, NY

Free childcare and RAPP 4-H Clubs meet at the same time (available with pre-registration)
For more information call 344-1234

Coming this summer: **Strengthening Families** for RAPP families!

Call 845-344-1234 for more information.

For Parents & Caregivers of
Children 2-8 Years



What Do You Do With the Mad that You Feel?

Learn practical ways to help children identify and manage their feelings and develop self control. This series will provide practical strategies to help adults raise responsible children and address anger and bullying issues. \$30 fee.

Four Session Series

Tuesdays, March 6, 13, 20, 27

Snow date: April 3

7:00 -9:00 PM

Scotchtown Avenue Elementary School

120 Scotchtown Avenue

Goshen, NY 10924

For Parents & Caregivers of
Children 2-12 Years



Discipline is Not a Dirty Word

Most parents/caregivers agree that getting their children to behave is both important AND difficult. This program series will help adults learn and practice seven basic principles of positive and persuasive discipline. *Topics will include: understanding children's behavior; effective communication and conflict resolution; setting realistic limits and developing healthy family relationships.* \$30 fee.

Four-Session Series

Thursdays, March 1, 8, 15 and 22

Snow date: March 29

6:30-8:30 PM

Board of Education Building

Auditorium

124 Grand Street, Newburgh, NY 12550

For Parents & Caregivers of
Children 10-15 years



Surviving the Teen Years

This series designed for parents/caregivers of pre-teens and teens, will explore the changing family dynamics and teach skills to help adults enjoy these transitional years. Topics include: Who is this Stranger?, Parent-Teen Communication, Talking with Teens about Sensitive Topics, and Keeping Teens Safe. \$30 fee.

Four Session Series

Tuesdays, April 17, 24, May 1 and 8

6:30-8:30 PM

Warwick Valley Community Center

Doc Fry Building

11 Hamilton Avenue

Warwick, NY 10990

We also provide Nutrition and Family Economics education and resources.

Call us TODAY at 845-344-1234 or access our website www.cce.cornell.edu/orange
for more information and program site directions.

Registration Form

All series require registration. Please complete the form and return it with the **family or program fee*, as noted.
Sorry, no refunds.

Yes, I/we want to attend:

- What Do You Do with the Mad that You Feel?* - \$30
- Discipline is Not a Dirty Word* - \$30
- Surviving the Teen Years* - \$30
- Strengthening Families, Middletown* - No fee

* Adults living in the same household

Name(s)

Address

City

State

Zip

Day Phone

E-mail Address

Ages of Children in your care

Yes / NO (Please circle 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.

Please mail form and payment to:

Cornell Cooperative Extension Orange County,
18 Seward Ave., Suite 300, Middletown, NY 10940-1919.
Attn: Parenting Ed

Enclosed is a check in the amount of \$ _____

Make checks payable to: Cornell Coop. Extension OC

Charge to my:

___ MasterCard ___ Visa ___ Disc. ___ Exp. Date (mo./yr.)

Credit Card Number

Signature

Living Well

Reliable, unbiased, research-based information and education to help you *Live Well*.

- ◆ Consumer Help-Line (845-344-1234)
- ◆ Website Resources
- ◆ Programs & Workshops
- ◆ Educational Materials
- ◆ Referral Information
- ◆ Training for Professionals
- ◆ Newsletters

Family & Consumer Sciences at
Cornell Cooperative Extension focuses
on these topics:

- ◆ Family Relationships
- ◆ Childhood Obesity
- ◆ Credit & Debt Information
- ◆ Parenting/Caregiver Education
- ◆ Food Safety
- ◆ Home Buying Education

**We're available in person,
by phone, or online!**

www.cce.cornell.edu/orange

Let's Talk About...
**an on-line resource for parents,
caregivers, teens, & professionals**

Need help talking with teens about Social
Networking? Cyberbullying? Life after High
School? Volunteering in the Community?
Responsible use of media?

Go to our *Let's Talk About* website...
www.cce.cornell.edu/orange/letstalkabout