The Family Health and Wellness program at Cornell Cooperative Extension of Suffolk County provides practical solutions to real-life problems that families face.

Our three main educational initiatives are:

• Strengthening Families
• Improving Nutrition
• Preventing Chronic Disease due to Obesity

Our staff members actively network with community agencies, organizations and groups, including schools, libraries, child care centers, businesses and government departments to bring the resources of the land-grant university system to parents in local communities. Our staff also learns about the current needs and concerns of families in Suffolk County, through networking.

Family Health and Wellness provides information, skills training, and support to parents as they raise their children to be responsible, productive adults and citizens. We also offer training to professionals and paraprofessionals who work with families.

For more information contact
Anastasia Loper at 631-727-7850 x 340
or email abl98@cornell.edu

Mastic-Moriches-Shirley Community Library
407 William Floyd Parkway S.
Shirley, NY 11967

Sponsored by:

in collaboration with
William Floyd School District
and
Suffolk County Legislator
Kate Browning
Representing Suffolk’s 3rd District

Temper Tantrums
(Yours and Theirs)
Tuesday, September 24
Learn about the causes of tantrums, what can be done to minimize them and the best ways to help deal with them when they occur.
Educator: Kerri Kreh Reda

Help Your Child Succeed in School
Wednesday, October 2
Learn how to build effective homework routines, communicate with teachers and deal with problems at school.
(Taught in Spanish and English)
Educator: Dinah Torres Castro

All workshops are $10 each
(EXCEPT Discipline is Not a Dirty Word--$25 covers all 3 classes)
Mastic-Moriches-Shirley Community Library
407 William Floyd Parkway S.
Shirley, NY 11967
(William Floyd Parkway to Roberts Road next to King Kullen Shopping Center)
Healthy Eating at Home and On-the-Go
Thursday, October 3
Learn tips on preparing quick, healthy meals for the family, as well as making better choices on-the-go.
*Educator: Alysa Ferguson*

Discipline is Not a Dirty Word
Tuesday, October 8
Wednesday, October 16
Wednesday, October 23
*Educator: Nancy Olsen-Harbich*

Protecting Children in a Socially Toxic Environment
Thursday, October 10
Learn how to cope with the negative effects of popular culture, materialism, and media overexposure.
*Educator: Tim Jahn*

In the Kitchen with Your Little Chef
Thursday, October 24
Parents, along with their children, learn about the feeding relationship, share cooking skills and learn how to improve communication with their child. (Taught in Spanish and English)
*Educator: Dinah Torres Castro*

Raising Confident and Healthy Girls
Monday, October 28
Girls today receive many messages from popular culture about what it means to be a girl. These messages, focused on appearance and sexuality, can impact young girls’ self-image and body image. This program, designed for parents of daughters ages 3-12, looks at the role adults have in helping girls grow into healthy and confident young women.
*Educator: Keri Kreh Reda*

Raising Responsible Children
Tuesday, October 29
Learn about parenting practices that teach children about responsibility for schoolwork, home, and relationships.
*Educator: Tim Jahn*

(No parent will be excluded from a parent education program based on ability to pay.) Please contact Anastasia Loper at 631-727-7850 x 340 or email abl98@cornell.edu if you have any questions or special needs.

REGISTER EARLY -- Workshops fill quickly!
2013 Fall Parenting Series
Registration is required. Please return this form with payment to:
2013 Fall Parenting Series
Cornell Cooperative Extension of Suffolk County
423 Griffing Ave, Ste 100, Riverhead, NY 11901-3071

Name _______________________________________
Address _____________________________________
City___________________State_______Zip_________
Email ________________________________________
Phone _______________________________________
Children’s ages _______________________________

ALL WORKSHOPS ARE FROM 6:30 - 8:30 PM

Please check workshop(s) you are registering for:
- Sept. 24- Temper Tantrums - $10 per person
- Oct. 2- Help Your Child Succeed in School - $10 per person
- Oct. 3- Healthy Eating at Home and On-The-Go - $10 per person
- Oct. 8, 16, 23- Discipline is Not a Dirty Word - $25 per person
- Oct. 10- Protecting Children in a Socially Toxic Environment - $10 per person
- Oct. 24- In the Kitchen with Your Little Chef - $10 per person
- Oct. 28- Reclaiming Childhood - $10 per person
- Oct. 29- Raising Responsible Children - $10 per person

Total Enclosed _______________________________

- Check made payable to Cornell Cooperative Extension
- Visa ☐ MasterCard  Signature_____________________
- Card #: _______________________________

OR register online at https://reg.cce.cornell.edu/2013FPS_247