

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.



Please click individual links or scan the QR code to the left for more information and to register.

Caring for Yourself in Stressful Times

Tuesday, June 18, 6:30-7:30pm

https://cornell.zoom.us/join/joinMeeting/register/tJEvd-urT8pHNEP_xgv67E3keXNc0YhNMMyBZ

Thursday, July 25, 2024, 10-11am

<https://cornell.zoom.us/join/joinMeeting/register/tJwofu2prjwsGdKLRwF9qvQ2MDTdSVUlgHQp>

Talking to Kids about Difficult Things

Thursday, June 20, 10-11am

https://cornell.zoom.us/join/joinMeeting/register/tJcsd2hqjwqG9Mv9J0b5o5Z_h1k3riRzC6

Recognizing and Managing Anxiety in Youth

Monday, July 8, 10-11am

<https://cornell.zoom.us/join/joinMeeting/register/tJ0kde2spzsvHdaUeXaXx2ltJs0Gmszm3h1A>

Cultivating Resilient Teens

Tuesday, July 16, 10-11am

<https://cornell.zoom.us/join/joinMeeting/register/tJwkc-qqqj4uHdKAAONEoVI6mT-jClzr-dSc>

Caring for Yourself: Managing Grief and Loss

Tuesday, July 23, 10-11am

<https://cornell.zoom.us/join/joinMeeting/register/tJwvc-qqz8oG9deaH1u4chIY6z6fr6JPCBx>

Teens and Screens

Tuesday, July 30, 10-11am

<https://cornell.zoom.us/join/joinMeeting/register/tJElceyhqzwwG93vF9Q3nlYy6OeexJc2VKaR>

Parent Support Groups

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

Free and no registration required.

June 17 - 3:30pm

June 26 - 5:00pm

July 9 - 1:00pm

July 12 - 10:00am

July 16 - 10:00am

August 7 - 12:00pm

August 12 - 12:00pm

August 14 - 12:00pm

WORKSHOP: School Avoidance

July 11 - 10:00-11:00am

August 5 - 5:00-6:00pm

<https://us02web.zoom.us/j/87103077952?pwd=VzNoVIRBMkIOYzFDR25wdFRITXVnQT09>

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=Zy9jcU1nTGtDanpyS0R4ZGloR3l2Zz09>

EAC Network Meeting ID: 814 9904 3381

Passcode: 973260

Esther Gonzalez Telefono: (631) 954-1454

Se requiere registro:

Martes 6:00pm-7:00pm

Julio 16, Julio 30, Agosto 13, Agosto 27

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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