EAC NETWORK
EMPOWER. ASSIST. CARE.

community education

parenting

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.

Talking to Your Kids about Difficult Things

Wednesday, November 6, 12-1pm
https://cornell.zoom.us/meeting/register/tJUvcOitpzMjG9OWo6MwHXXrvZm0PMckDMAk

Caring for yourself in Stressful Times

Thursday, November 7 at 6:30pm
https://cornell.zoom.us/meeting/register/tJlucu6hqTwsGtFTY-bRsejPOjdUPj3-A3ez

Supporting LGBTQ+ Youth

Tuesday, November 12, 12-1pm
https://cornell.zoom.us/meeting/register/tJAtcemurz8jHNev61M_TOcgWZaSZR2jReFL

Teens and Screens

Tuesday, November 19, 12-1pm
https://cornell.zoom.us/meeting/register/tJIqduuvqjsjG9dHq0wQ89chC8t9beQ390tc

Recognizing and Managing Anxiety in Youth

Tuesday, November 26, 12-1pm
https://cornell.zoom.us/meeting/register/tJIud--qqz8jGtzMfgW1iHEeWYqtkjEhGG45

Building Resilience in Your Family

Tuesday, December 3, 12-1pm
https://cornell.zoom.us/meeting/register/tJUpdeivrTkvGNdO-2hYa0p6x3WvPzi6qDx0

Caring For Yourself in Stressful Times

Wednesday, December 4 at 10:00-11:00
https://cornell.zoom.us/meeting/register/tJcuf--gpj8jH9E5y4kIC0RJDeiiB8cbbvhM

Talking To Your Kids About Drugs and Alcohol

Tuesday, December 10, 12-1pm
https://cornell.zoom.us/meeting/register/tJcpfuitqzsiG9xlFoaTGHHF43yXIwa2UGRL

Parent Support Groups

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

Free and no registration required.

11/7 • 6pm-7pm
11/12 • 5pm-6pm
11/25 • 5pm-6pm
12/3 • 4pm-5pm
12/9 • 4pm-5pm
12/16 • 4pm-5pm

WORKSHOP: School Avoidance

11/19 • 4:30pm-5:30pm
12/4 • 3pm-4pm

https://us02web.zoom.us/j/87103077952?pwd=VzNoVlRBMklOYzFDR25wdFRlTXVnQT09

Meeting ID: 871 0307 7952
Meeting Password: 822376

Grupo Para Padres de Adolescentes

Topicos: 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:

11/12 • 6pm-7pm
11/26 • 6pm-7pm
12/10 • 6pm-7pm
12/17 • 6pm-7pm

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

Cornell Cooperative Extension | Suffolk County

Extension Education Center, PO Box 2405, Riverhead, New York 11901 • www.ccesuffolk.org

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