community education

parenting

WELLNESS

The Family Health and Wellness educators of Cornell Cooperative Extension are happy to offer the following free, virtual programs that focus on **mental wellness for the entire family**. Pre-registration is required.

Raising Resilient Children

February 23, 2026 at 10:00am OR 6:00pm

Despite difficult circumstances and adversity, children can grow up to be strong. This workshop is designed to help parents/caregivers understand what it is that helps children grow up to be resilient. Participants will learn about risk and protective factors which influence resilience. The six major factors that help families build resilience will be defined and discussed. Participants will learn practical strategies for helping themselves and their children bounce back from whatever challenges they might encounter

To register for 10:00am:

To register for 6:00pm:

Fostering Early Mental Health through Secure Relationships

March 5, 2026 at10:00 OR 6:00pm

During the first few years of their lives, babies are tremendously impacted by the experiences that they have. Learn about the importance of connecting with your child and the impact parents, caregivers, and the environment have on a child's development. Parents will learn how to strengthen their attachments to their children through age-appropriate play and activities.

To register for 10:00am:

To register for 6:00pm:

Self-Care in the Postpartum Period

March 12, 2026 at 10:00am or 6:00pm

Taking care of yourself is essential for all new parents. While you are caring for a new baby, it is important to not neglect yourself. Whether you are the birthing parent or a partner, your body and mind has gone through many changes, while adjusting to life with a baby. Learn ways that you can take care of yourself, support your partner, and connect as a family, through the postpartum period and beyond.

To register for 10:00am:

To register for 6:00pm:

Understanding Temper Tantrums

March 17, 2026 at 10:00am OR March 18, 2026 at 6:00pm

You are at the grocery store when your toddler has his fourth temper tantrum of the day. Although temper tantrums are normal for children between the ages of one and five, they can make a parent feel frustrated and embarrassed. Maybe you even feel like having a tantrum of your own. What should you do? In this workshop, we will discuss the causes of tantrums, what can be done to minimize them, and the best ways to deal with them when they do occur.

To register for March 17 at 10:00am:

To register for March 18 at 6:00pm:

Stress Management for Parents

March 24, 2026 at 10:00am OR March 25, 2026 at 6:00pm

Parenting can be stressful, and stress can affect us physically, emotionally and mentally. Too much stress or chronic stress can have negative impacts on our health and relationships. During this program, we will identify sources of stress, personal responses to stress and what we can do to calm ourselves and better manage stress.

To register for March 24 at 10:00am:

To register for March 25 at 6:00pm:

Calm and Connected

March 31, 2026 at 10:00am OR April 1, 2026 at 6:00pm

Teaching children self-regulation and emotional control can be challenging, especially if this is something you struggle with yourself. Do you find there are times when your emotions get the best of you? Do you say or do things that you later regret? During this program you will have an opportunity to explore your body's anger warning signs, to learn techniques to stay calm and to develop more patience so that you can be a better role model for your child.

To register for March 31 at 10:00am:

To register for April 1 at 6:00pm:

Contact Kerri Reda at kkr5@cornell.edu for more information.

Cornell Cooperative Extension | Suffolk County

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