



Strengthening Our Families: Workshops for Emotional Well-being and Conscious Parenting

Cornell Cooperative Extension's Health and Family Well-Being educators are pleased to offer the following free virtual programs, focused on the well-being of the entire family. The programs will be facilitated in Spanish. Pre-registration is required.

Navigating Our Children's Emotions

Do tantrums or arguments at home leave you feeling helpless? Learn practical tools to understand, guide, and strengthen your children's emotional development.

Tuesday, February 10, 6 PM

To register scan QR code
or [Click here](#)



Raising Our Children in the Digital Age

Learn how screen time and social media impact children's mental health and discover strategies to foster healthy digital habits.

Tuesday, February 24, 6 PM

To register scan QR code
or [Click here](#)



Navigating Loss and Grief

Explore what grief is, its symptoms, and how to cope with loss in a healthy and compassionate way.

Tuesday, March 17, 6 PM

To register scan QR code
or [Click here](#)



Prevention Begins at Home: How to Talk to Your Children About Drugs and Alcohol

Learn how to have open, clear, and effective conversations with your children about alcohol and drugs, promoting healthy choices from home.

Tuesday, March 24, 6 PM

To register scan QR code
or [Click here](#)



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