

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 Kids About Difficult Things

Thursday, September 5, 12-1pm

<https://cornell.zoom.us/j/92864705870?pwd=rHtnNSJNB60mLmxSjTt1rnMmMalvP.1>

Teens and Screens

Thursday, September 12, 12-1pm

<https://cornell.zoom.us/j/97201184198?pwd=oPT5CbHa4cvK1VS59f9rUp2Fabtw3Z.1>

Caring for Yourself in Stressful Times

Tuesday, September 17, 12-1pm

<https://cornell.zoom.us/meeting/register/tJUudOitrDqpH905k89T6Du6FchVb3BvekN>

Recognizing and Managing Anxiety in Youth

Thursday, September 19, 12-1pm

<https://cornell.zoom.us/j/95150411528?pwd=yzTtwmRXeaD9B6SdDJW6tFrwZam3fp.1>

Talking to Kids About Drugs and Alcohol

Thursday, September 26, 12-1pm

<https://cornell.zoom.us/j/95847059571?pwd=zVlxGWxAY5RJ1pl0QzPpTNRur9Ersp.1>

Parent Support Groups

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

Free and no registration required.

September 16, 4-5pm

September 23, 4-5pm

September 30, 4-5pm

WORKSHOP: School Avoidance

September 25, 5-6pm

<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:

Septiembre 10, 6-7pm

Septiembre 17, 5-6pm

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