



Parent Support

Empowering Families Collaborative



Please click individual links for programs or scan QR code for more information and to register

PARENT EDUCATION PROGRAMS:

Supporting youth mental health

Join us for **FREE** virtual programs for parents to learn valuable information on how to promote & understand youth mental health.

School Refusal

Wednesday,
February 5th
3-4 PM
[Click Here](#)

Stress Management for Parents

Monday,
February 10th
12-1 PM
[Click Here](#)

Supporting LGBTQ+ Youth

Friday,
February 14th
10-11 AM
[Click Here](#)

Recognizing and Managing Anxiety in Youth

Thursday,
February 27th
10-11 AM
[Click Here](#)

PARENT SUPPORT GROUPS:

Come together with other parents to gain support & share the challenges of raising teens. **FREE** & no registration required.

February 3rd, 4-5 PM
February 12th, 3-4 PM
February 25th, 4-5 PM

[Click Here](#)
or
Meeting ID: 871 0307 7952
Meeting Password 822376

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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