



Let's Talk:

Caring For Your Child's Mental Health

Wednesday, February 4, 10-11am

Teens and Screens: Exploring the Impact of Social Media on Mental Health

In today's digital age, teens face a complex landscape where social media opens exciting opportunities but also creates challenges for mental health. This engaging workshop delves into the latest research on how screen time impacts teens' well-being. Participants will gain valuable insights and practical strategies to support healthy digital habits. Explore the balance between embracing technology and managing its risks and discover empowering approaches to help your teen thrive in a technology-infused world.



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Wednesday, February 11, 12-1pm

Talking to Kids about Difficult (and Scary) Things

When children ask tough questions, finding the correct response can feel overwhelming—especially when events are beyond our control. This workshop provides age-appropriate guidance and practical strategies to help navigate these conversations with clarity and compassion. Parents will explore techniques for fostering open dialogue, offering reassurance, and addressing complex topics, particularly in a digital world where information is constant.



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Wednesday, February 25, 10am-11am

Talking to Kids about Drug and Alcohol Use

Recognizing that early guidance is essential, this workshop equips parents with practical strategies for starting age-appropriate conversations about substance use. This program will debunk myths, address social pressures, and discuss how to best support and empower our children in making informed decisions about drugs and alcohol.



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