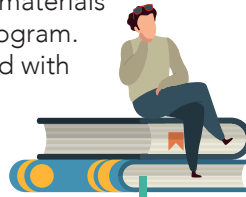


Virtual Program Offerings for Libraries

The educators of Cornell Cooperative Extension of Suffolk County have developed the following Zoom workshops to support Suffolk County residents while we are unable to present our in-person, interactive programs. Each Zoom program is designed to be 45-60 minutes in length and has a fee of \$150. Libraries that host a program are asked to register participants and e-mail program materials out to participants 24 hours prior to the start of the program. To schedule a program, contact the educator identified with the program(s) of interest.

Cornell Cooperative Extension Suffolk County



FAMILY HEALTH AND WELLNESS

Caring for Yourself in Stressful Times

Caring for oneself means taking time to do things for our own mental, emotional, and physical health. Parenting styles may change as stress levels increase, making self-care even more important. Caring for oneself allows a parent to provide security, support, and predictability for the entire family.

Target audience: Parents

Maximum # of participants: 15

To schedule contact: Kerri Kreh Reda; kk5@cornell.edu

Coping with Temper Tantrums

Life as we know it has changed, and you may find that your child is having more temper tantrums than usual. Join us to discuss how you can help your child to manage his or her emotions and minimize tantrums.

Target audience: Parents of children under 5 years of age

Maximum # of participants: 15

To schedule contact: Kerri Kreh Reda; kk5@cornell.edu

Why Kids Need Routines...Especially Now!

Routines are a convenient way to organize ourselves and the children we care for. Routines can provide structure, comfort and security for children. In this workshop we will explore the many benefits of having routines for young children and why they are so important especially in these days of social distancing.

Target audience: Parents of children up to 12 years

Maximum # of participants: 15

To schedule contact: Dinah Torres Castro; dc258@cornell.edu

Diabetes 101

Participants will learn about diabetes as well as self-management skills including: meal planning, self-testing blood glucose levels, working with providers, and stress management.

Target audience: Those living with pre-diabetes or diabetes.

Maximum # of participants: 15

To schedule contact: Jane Juran; jsj79@cornell.edu

Positive Discipline

With families at home together and experiencing more stress than usual, you may feel as though your children are misbehaving more. This is a great time to learn more about Positive Discipline and put into practice strategies to help your child learn self-discipline in a way that is respectful and kind.

Target audience: Parents of children up to 12 years

Maximum # of participants: 15

To schedule contact: Dinah Torres Castro; dc258@cornell.edu

AGRICULTURE

Ticks on Parade

Participants will learn about types of ticks on LI, how to protect themselves from ticks and dealing with ticks in the landscape.

Target audience: Homeowners

Maximum # of participants: Unlimited

To schedule contact: Tamson Yeh; tsy3@cornell.edu

Mosquitoes and Flies in Your Environment

Participants will learn about different types of mosquitoes and biting flies on LI, how to protect themselves and dealing with mosquitoes and flies in the landscape.

Target audience: Homeowners

Maximum # of participants: Unlimited

To schedule contact: Tamson Yeh; tsy3@cornell.edu

Lawn Lunacy

Participants will learn about tips to keep their lawns greener and healthier while using less fertilizers and pesticides and how to save money by choosing the proper grass and cultural management techniques.

Target audience: Homeowners

Maximum # of participants: Unlimited

To schedule contact: Tamson Yeh; tsy3@cornell.edu

(continued)

Itsy Bitsy Weeds (and Some Larger Ones)

Participants will learn what weeds are in their lawn and landscape, what they mean for site conditions, and the best way to reduce or eliminate them using fewer pesticides.

Target audience: Homeowners

Maximum # of participants: Unlimited

To schedule contact: Tamson Yeh; tsy3@cornell.edu

Edible Landscaping Part I perennials, Part II annuals (choose one)

Homeowners will learn how to integrate edible plants that are also highly ornamental into their landscapes, how to select the right edible for the right site conditions, and changing up seasonally for maximum beauty and edibility.

Target audience: Homeowners

Maximum # of participants: Unlimited

To schedule contact: Tamson Yeh; tsy3@cornell.edu

4-H Youth Development

Egg to Chick

Explore the life cycle of the chicken and learn how the chick embryo develops inside the egg. This engaging session brings science alive for students!

Target audience: Grades K-6 (Early Childhood, ages 3-5, equivalent available - Birds of a Feather)

Maximum # of participants: 25

To schedule contact: Kaylyn Reynolds; ccefarmgroups@cornell.edu

Insects

Students will explore the amazing world of insects including body structure, insect lifestyles, habitats, adaptations and the role insects play as pollinators and recyclers.

Target audience: Grades K-6 (Early Childhood, ages 3-5, equivalent available - Goin' Buggy)

Maximum # of participants: 25

To schedule contact: Kaylyn Reynolds; ccefarmgroups@cornell.edu

Nature at Night

Students will discover some mysterious creatures that come out at night. They will learn how creatures like bats, owls and even bugs benefit our environment while we are asleep!

Target audience: Grades K-6 (Early Childhood, ages 3-5, equivalent available - Night Time on the Farm)

Maximum # of participants: 25

To schedule contact: Kaylyn Reynolds; ccefarmgroups@cornell.edu

Plants and Backyard Farm

Students will transform into botanists to observe the plant life cycle, learn about all parts of the plant – even the edible plants we eat all the time! They will go on a backyard adventure to see how sustainable agriculture can begin right in your backyard.

Target audience: Grades K-6 (Early Childhood, ages 3-5, equivalent available - How Does your Garden Grow?)

Maximum # of participants: 25

To schedule contact: Kaylyn Reynolds; ccefarmgroups@cornell.edu

Fleece to Fiber

Sheep are just one of the fabulous creatures that provide us with fiber. Students will discover some other sources like llamas, goats and rabbits that also provide us with fiber that we can turn into clothing.

Target audience: Grades K-6 (Early Childhood, ages 3-5, equivalent available - Shearly Delightful Sheep)

Maximum # of participants: 25

To schedule contact: Kaylyn Reynolds; ccefarmgroups@cornell.edu

Marine

Virtual Touch Tank

Meet some of our local marine life in this virtual touch tank experience that will feature interactions with various species that call Long Island's waters home.

Target audience: All ages

Maximum # of participants: 30

To schedule contact: Hazel Wodehouse; hew57@cornell.edu

Virtual Shark Anatomy + Dissection

Learn about the biology and importance of sharks and other local finfish species, then follow along as our Marine Educator demonstrates a dissection of a real shark!

Target audience: Ages 9+

Maximum # of participants: 20

To schedule contact: Hazel Wodehouse; hew57@cornell.edu

Marine Meadows Virtual Exploration

Dive in with CCE's Marine Meadows Program staff who will take you on a virtual tour of our local eelgrass beds. Participants will learn all about the importance of eelgrass restoration, and the many finfish and shellfish species that are found in our local marine meadows.

Target audience: All ages

Maximum # of participants: 30

To schedule contact: Kimberly Barbour; kp237@cornell.edu

ArtSEA Kids

Participants will be guided by local artist, and CCE's Art + Science instructor, Carolyn Munaco in creating marine themed art using materials found in your home.

Target audience: Kids ages 6+

Maximum # of participants: 20

To schedule contact: Carolyn Munaco; cjm427@cornell.edu

ArtSEA Adults

Participants will be guided by local artist, and CCE Art + Science instructor, Carolyn Munaco in creating marine themed art using materials found in your home.

Target audience: Adults

Maximum # of participants: 20

To schedule contact: Carolyn Munaco; cjm427@cornell.edu

www.ccesuffolk.org

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