

Virtual Program Offerings for Organizations

The Family Health and Wellness 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. Organizations 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



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; kkr5@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; kkr5@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

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

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

Dining with Diabetes

If you or your loved one has diabetes or prediabetes, you won't want to miss this virtual experience! We'll dive into the basics of dining with diabetes, from nutrition education to mouth-watering meal suggestions. This program will go into details about carbohydrates, portion sizes, dining out and much more!

Target audience: Those with Diabetes or PreDiabetes and family

Maximum number of participants: 20-30 participants

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

How to Prevent or Combat Picky Eating

This class is led by a Registered Dietitian and will cover everything parents/caregivers need to know about picky eating. Whether you have a child who is a picky eater or you are hoping to avoid picky eating in the future, this class will provide you with the tools and strategies you need to prevent or combat picky eating!

Target audience: Parents/caregivers

Maximum number of participants: 30

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

www.ccesuffolk.org

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

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Cornell Cooperative Extension is funded in part by Suffolk County through the office of the County Executive and the County Legislature.