



Resilient Parenting

**Struggling and stressed about parenting during upcoming school year?
Interested in parent education and support from the community?**

Join Cornell Cooperative Extension Community Education for a FREE educational program for parents of children birth-teens starting Fall of 2021.

Bimonthly parenting education workshops and support groups meeting virtually and in person.

Topics of education/discussion to include:

- Child development information
- Managing screen time
- Building resilience
- Coping with COVID-19
- Parent support group



Interested? Contact Cara Sultan caw10@cornell.edu OR call 631-727-7850 x339 OR <http://weblink.donorperfect.com/ResilientParenting>



***Must reside in Town of Riverhead or Town of Southold**

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

Cornell Cooperative Extension | **Suffolk County**
Community Education

Extension Education Center, PO Box 2405, Riverhead, New York 11901 • www.ccesuffolk.org

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