

FAMILY ENRICHMENT CALENDAR

JULY 2018

INSIDE EVERY ISSUE

- Child Development Activities
- Play Groups & Story Hours
- Special Activities & Events
- Parent Groups, Education, & Workshops
- Parent Education Menu

SUMMER DROP-IN CENTER HOURS

Addison -Jennie Mose Family Resource Center
14 South Street, Addison, NY 14801
(former post office) Phone: # 359-3839
Tuesdays -Fridays 9:00 am -1:00 pm and
Tuesday Evening 6:00-7:00 pm;
Closed: Mondays and July 4th

Bath Area Family Resource Center
216 Maple Heights, Bath, NY 14810
(VEW elementary) Phone: # 776-4123 x 5650
Monday, Tuesday, Wednesday 8:45-1:00
Thursday 8:45-1:00pm & 1:30-7:00pm,
Closed Fridays & July 4th, 9th and 25th

Hornell Area Family Resource Center
Hornell Intermediate School 71 Buffalo St Rm.112
Hornell, NY 14843 Phone # 324-1304 x 1741
We serve families and children birth to 5 and
students from Kindergarten - 12th grade
Mondays: 1:200 pm-4:00pm;
Tuesdays, Wednesdays and Thursdays
9:30 am-1:00 pm
Closed Fridays and July 4th

Corning -Nonnie Hood Parent Resource Center
300 Civic Center Plaza, Corning, NY 14830
(above the Corning library); Phone: # 936-3837
Tuesdays, Wednesdays, and Fridays:
9:00 am-2:00 pm;
Thursdays: 12:00 pm -7:00 pm;
Saturdays: 10:00 am -1:00 pm
Closed: Mondays and July 4th

In the future, NHPRC information and calendars can be located on their website

www.nonniehoodprc.org

Protective Factor spotlight



Prevent the summer slide by participating in summer learning fun!

More than 100 years of research shows that children lose skills in both math and reading over the summer when they are not regularly practicing these skills in school. This phenomenon is known as **"summer learning loss" or "the summer slide."**

During the school year, students, regardless of income, acquire reading skills at the same rate, though they do not start off in the same place due to differences in school readiness.

Low-income students lose an average of two months of reading skills over the summer. Over time, this summer learning loss can add up to the equivalent of three years of reading loss by the end of fifth grade, widening the achievement gap that was already present between low-income and higher income students when they entered kindergarten. (Excerpted from Promoting early learning and development Birth to 8)

Reading **five or six books over the summer** can have significant impact. (Kim, 2005/Haynes 1978) The Family Resource Centers are a great place to spend time reading with your child(ren)!

What Happens to Children DURING THE SUMMER?



During the summer months, disadvantaged children tread water at best or even fall behind. It's what we call

"SUMMER SLIDE"

while better off children build their skills steadily over the summer months.

SUMMER LEARNING LOSS

accounts for about two-thirds of the ninth grade achievement gap in reading.⁷





FREE! Ages & Stages Developmental Screening **

Ages & Stages Questionnaires is a developmental screening tool parents can use for children ages 1 ½ months to 5 ½ years. The ASQ is an ongoing, family friendly screening tool to see if your child is on track in the areas of communication, gross motor, fine motor, problem solving, and personal- social development. Interested families will have an initial child screening and then rescreened yearly to ensure children are on track developmentally. ASQ is easy to use, identifies areas in need of practice, and celebrates early childhood milestones.

ADDISON –Jennie Mose Family Resource Center

Available during open hours or by appointment
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is encouraged. To schedule, please call the JMFRFC @ (607) 359-3839 or watkinsk@proactioninc.org

BATH -Bath Area Family Resource Center

Available during open hours or by appointment
Place: Bath Area Family Resource Center
Registration: Registration is encouraged To schedule, please call the BAFRC @ 607-776-4123 x 5650 or clarkson-smithp@proactioninc.org

CORNING – Nonnie Hood Parent Resource Center

Available during open hours or by appointment
Place: Nonnie Hood Parent Resource Center (Corning)
Registration: Registration is required, to schedule please call the NHPRC at (607) 936-3837

HORNELL – Hornell Area Family Resource Center

Available during open hours or by appointment
Place: Hornell Area Family Resource Center
Registration: Registration is encouraged. . To schedule, please call the Hornell FRC at (607) 324-1304 Ext. 1741 or Robords-PatrickD@proactioninc.org

What is Social-Emotional Screening? **

Social-emotional screening is an applied method for detecting and monitoring signals that indicate whether a young child may be delayed in aspects of social-emotional development, such as communication, autonomy, affect, and interaction with people. <http://agesandstages.com/research-results/why-screening-matters/>

****NEW SCREEING TOOL FOR SOCIAL EMOTIONAL DEVELOPMENT AVAILABLE THROUGH KIDS ON TRACK STEUBEN PARTNERS**



Baby Doll Circle Time

Ensure your children will thrive by starting this stress-reducing and giggle-inducing program. Enhance relationships between caregivers and children by strengthening attachment, attunement and social play. Bring your own baby doll or use one of ours. Join us for an amazing circle time!



JENNIE MOSE FAMILY RESOURCE CENTER

Day(s): Tuesdays
Date(s): July , 2018
Time: 10:00 AM - 10:30 AM
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

BATH AREA FAMILY RESOURCE CENTER

Day(s): Mondays
Date(s): July 16, 23, 2018
Time: 10:00 AM - 10:30 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Fine Motor Fun!

Fine motor skills are achieved when children learn to use their smaller muscles, like muscles in their hands, fingers and wrists. Children use their fine motor skills when writing, holding small items, buttoning clothing, turning pages, eating and cutting with scissors. These skills lay the foundation for academic learning.
Day(s): Tuesdays
Date(s): July 3, 10, 17, 24, 31, 2018
Time: 9:00 AM - 1:00 PM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Music Development

Music Therapist Jennifer Carlson, leads families in special music activities to shape and grow standard development skills, such as communication, cognitive, social, motor, and language functions. Pre-registration required.
Day(s): Thursday
Date(s): July 19, 2018
Time: 11:00 AM - 12:00 NOON
Place: Nonnie Hood Parent Resource Center (Corning)
Registration: Registration is required. Call the center at (607) 936-3837
Child Care: NA: Program is for parents and children
Food: None

Drop-In Play

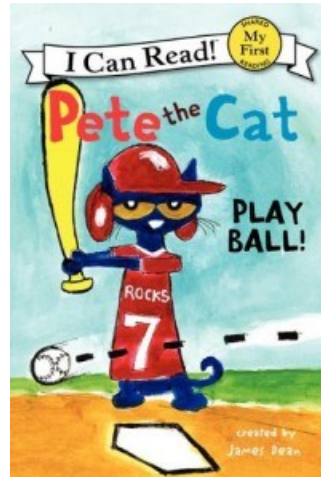
Come join us at the Jennie Mose Center for music, movement and stories to promote literacy and social/emotional development in children in a playful learning atmosphere.

Day(s): Tuesdays
Date(s): July , 2018
Time: 10:00-10:30 am
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Pete the Cat in Play Ball!

Pete the Cat is ready to play baseball! Pete's team, the Rocks, is playing the Rolls. But when the game doesn't go Pete's way, what will he do? Activities, snacks and free Pete the Cat book!

Day(s): Monday
Date(s): July 2, 2018
Time: 10:00 AM - 11:00 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack



Pete the Cat in Scuba Cat!

Who has more fun than Pete the Cat? On this adventure, he learns about sea creatures and meets a new friend! Activities, snacks and a free Pete the Cat book!

Day(s): Thursday
Date(s): July 26, 2018
Time: 10:00 AM - 11:00 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Story Time

We never know what Miss Kathleen from the Dormann Library will surprise us with! Join us for this interactive story time and snack!

Day(s): Thursdays
Date(s): July 5, 19, 2018
Time: 9:30 AM - 10:00 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Story Time and Craft

All ages are welcomed at this fun-filled story time with music, a story, and an exciting craft. Don't stop reading this summer - join us for this literacy-based activity.

Day(s): Monday
Date(s): July 2,16, 2018
Time: 1:30 PM - 2:30 PM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Tall Tales

Tall Tales offers a balance of participatory and listening activities for children and their parents or caregivers. These activities include story-reading, story-telling, music, and movement. Snack provided. All are welcome to stay and play before and after.

Day(s): Tuesdays
Date(s): July , 2018
Time: 10:30 AM - 11:30 AM
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Together Time

Together time provides the opportunity for toddlers & preschoolers to develop in all areas of growth and development (cognitive, emotional, language and physical) through the use of stories, music and games while building relationships with one another.

Day(s): Wednesdays
Date(s): July 11,18 & 25, 2018
Time: 10:00 AM - 10:30 AM
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Together Time: Literacy-based crafts & activities

In collaboration with Miss Sue from the library, enjoy crafts and activities right after story hour here at the PRC! Drop-ins welcome.

Day(s): Tuesdays
Date(s): July 3, 10, 17, and 31, 2018
Time: 10:30 AM - 2:00 PM
Place: Nonnie Hood Parent Resource Center (Corning)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None



A B C's of Yoga with Certified Yoga Instructor Zoe Hannan!

Yoga improves concentration, coordination, self image and body awareness. Children learn to manage stress through breathing. Parents are encouraged to join in. Mats will be provided. Are you ready to stretch and relax? The Center will be closed this day.

Day(s): Wednesday
Date(s): July 25, 2018
Time: 10:00 AM - 10:30 AM
Place: Bath Farmer's Market- Pultney Square
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

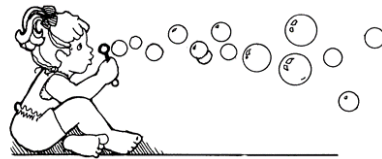
Board Game Fun

Don't be bored - come in and check out our family friendly board games, and spend quality time together.

Day(s): Thursday
Date(s): July 12, 2018
Time: 10:30 AM - 11:30 AM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Bubble Fun

Make bubbles big and small, and try your hand at bubble painting. All ages welcome.



Day(s): Wednesday
Date(s): July 11, 2018
Time: 10:30 AM - 11:30 AM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Create with Duct Tape

Imagine what you can make with duct tape. Try your hand at a duct tape flower pen, wallet, or bookmark. Please sign-up at the Center so we have enough supplies. Appropriate for ages kindergarten and up.

Day(s): Monday
Date(s): July 9, 2018
Time: 1:30 PM - 2:30 PM
Place: Hornell Area Family Resource Center
Registration: Registration is required. Please sign up at the Center or call (607) 324-1304 Ext. 1741 to register.
Child Care: NA: Program is for parents and children
Food: None



Family Zumba

Whether it's your first time or hundredth time doing Zumba, there is never a bad time to join Nithya at the PRC for some family dancing fun! Drop-ins welcome.

Day(s): Thursday
Date(s): July 26, 2018
Time: 6:00 PM - 7:00 PM
Place: Nonnie Hood Parent Resource Center (Corning)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Family Yoga

Local yoga instructor Elizabeth Moses introduces families to fun yoga poses and motions in a class designed just for them! Drop-ins welcome.

Day(s): Friday
Date(s): July 13, 2018
Time: 11:00 AM - 11:30 AM
Place: Nonnie Hood Parent Resource Center (Corning)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Fun Fridays

As the name implies Fridays will be designated to special activities or events for little ones and their families or providers.

Day(s): Fridays
Date(s): July , 2018
Time: 10:00 AM - 12:00 NOON
Place: Jennie Mose Family Resource Center (Addison)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack



Kids Night In

Enjoy a date night while the kids play at the PRC with our incredible staff! \$22.00 per child, pizza dinner and activities included. Pre-registration is required.

Day(s): Friday
Date(s): July 20, 2018
Time: 5:30 PM - 8:30 PM
Place: Nonnie Hood Parent Resource Center (Corning)
Registration: Registration is required.
Call the center at (607) 936-3837
Child Care: Yes Call the center at (607) 936-3837
Food: Meal

Making Ice Cream!

Have you ever made ice cream in a bag? Join us for this experiential activity and enjoy eating the results!



Day(s): Thursday
Date(s): July 12, 2018
Time: 10:00 AM - 11:00 AM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Me Time

Drop-off child care when you need it most in a comfortable, clean, familiar atmosphere. \$18.00 per child, snack, activities, socialization, and learning through play!
Pre-registration is required.

Day(s): Thursday
Date(s): July 12, 2018
Time: 9:00 AM - 11:30 AM
Place: Nonnie Hood Parent Resource Center (Corning)
Registration: Registration is required.
Call the center at (607) 936-3837
Child Care: Yes Call the center at (607) 936-3837
Food: Snack

Miss Beth's Super Slushies!

Help Miss Beth with making slushies! A great activity for children to learn process and next steps.
Stay cool at the BAFRC with us!



Day(s): Wednesday
Date(s): July 18, 2018
Time: 9:00 AM - 1:00 PM
Place: Bath Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Mossy Bank Park!

Bring an item to dye (t-shirt, socks, shorts, etc.) and use nature as props! Dyes will be provided. Feel free to bring a lunch and enjoy the wonderful playground. The Center will be closed this day.

Day(s): Monday
Date(s): July 9, 2018
Time: 9:00 AM - 11:30 AM
Place: Mossy Bank Park <http://mossybankpark.com/location.php>
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Music and Sign Language

Learn to sing a song in sign language.



Day(s): Wednesday
Date(s): July 25, 2018
Time: 10:30 AM - 11:30 AM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Parents Share Program

Join us on three special days as Jelena presents fun-filled, hands-on activities to explore and engage in our five senses.

Day(s): Tuesday
Date(s): July 10,17,24, 2018
Time: 10:00 AM - 11:00 AM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: None

Picnic in the Park

Join us across the street, for our 5th annual "Picnic in the Park"! The menu will include hot dogs, fruit, chips, and a drink. We welcome a peanut-free dish to pass and/or cash donation for this event. Please bring a blanket or chairs. There is sure to be good food, good friends, and good fun!



Day(s): Thursday
Date(s): July 19, 2018
Time: 5:30 PM - 7:00 PM
Place: Nonnie Hood Parent Resource Center (Corning)
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Meal

Red, White, and Blue Activities !

Enjoy patriotic songs and arts & crafts as we celebrate the U.S.A.

Day(s): Tuesday
Date(s): July 3, 2018
Time: 10:00 AM - 11:00 AM
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA:
Program is for parents and children
Food: None



Summer Camp: Session 1

8 hours (2 hours daily) of Childcare, themed crafts and activities, healthy snacks, and so much more! This program is designed for children ages 2-8. \$50.00 per child. Pre-registration required. Hurry! Space is limited!

Day(s): Tuesday-Friday
Date(s): July 24, 25, 26, and 27, 2018
Time: 9:00 AM - 11:00 AM
Place: Nonnie Hood Parent Resource Center (Corning)
Registration: Registration is required. Call the center at (607) 936-3837
Child Care: Yes Call the center at (607) 936-3837
Food: Snack

Summer Celebration and Music Fun with Maple City Music Therapy

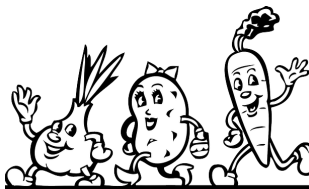
Enjoy a fun-filled hour with play-based, music activities with Alicia Hubbard. Stay for a summer snack as we say farewell until September.



Day(s): Thursday
Date(s): July 26, 2018
Time: 10:30 AM - 12:00 NOON
Place: Hornell Area Family Resource Center
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

The Hornell Family Resource Center is at the Hornell Farmers' Market

Join us at the Hornell Farmers' Market. Free books, popsicles, and a family-friendly activity.



Day(s): Thursday
Date(s): July 5, 2018
Time: 1:30 PM - 3:00 PM
Place: Other-see flyer
Registration: Registration is not required.
Child Care: NA: Program is for parents and children
Food: Snack

Tie-Dye Art

Learn various tie-dying techniques and tie-dye an item! Please sign-up for this event, so we have enough supplies for everyone.

Day(s): Monday
Date(s): July 23, 2018
Time: 1:30 PM - 3:00 PM
Place: Hornell Area Family Resource Center
Registration: Registration is required. Please sign-up for this event at the Center or call (607) 324-1304 ext. 1741.
Child Care: NA: Program is for parents and children
Food: None

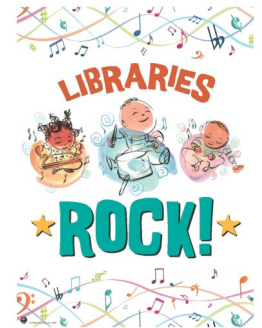


Summer Reading at the Library

Pro Action of Steuben and Yates' Family Literacy program is partnering with area libraries to promote summer reading kick off events and summer reading programs. This year's theme is "Libraries Rock" Find the nearest library with your family and visit this summer to participate in summer reading fun! Remember reading 5-6 books this summer can help prevent the "summer slide" and be a fun family activity!

Bath Dormann Library Summer Reading Program

A six-week program held each summer for youth 3 – 18
Date/Time: TBD— Check out the website at <http://dormannlibrary.org/summer-reading-program/>
Location: 101 W Morris St, Bath, NY 14810 P
Phone: 607-776-4613 Carol Berry,
Director berryc@stls.org



Corning Southeast Steuben Public Library Summer Reading Kickoff: Libraries Rock!

Summer Reading Kickoff celebration is here. Join us for crafts and activities all on this year's theme of Libraries Rock! Kids, teens and adults can sign up for Summer Reading Club
Date/Time: 07/05/2018 /All Day
Location: 300 Nasser Civic Center Plaza Suite 101
Corning, NY 14830 Phone: (607) 936-3713
<http://www.ssclibrary.org/activities/summer-reading-kickoff/>

Hornell Public Library—Summer Reading starts July 2nd!

Please Call [607-324-1210](tel:607-324-1210) for more information about the Summer Reading Program or visit the website at <http://www.hornellpubliclibrary.org/events/>
Date/Time: 7/2/2018 /10:30 AM
Location: 64 Genesee Street Hornell, NY 14843
Tel: 607-324-1210E-Mail: taycherta@stls.org



When schools are out for the summer, community partners help fortify children's summer months. SummerMealsNY.org can help you nourish more kids and teens -- find sites, learn about hosting one, and get outreach materials

Flexible Families

Does your separation or divorce have you feeling like your entire world has been flipped upside down? Join us and let us help! This class teaches parents specifically how to keep their children and family healthy.

Sliding-fee scale. Pre-registration required.

Day(s): Wednesday

Date(s): July 11, 2018

Time: 9:00 AM - 2:00 PM

Place: Nonnie Hood Parent Resource Center (Corning)

Registration: Registration is required. Call the center at (607) 936-3837

Child Care: No

Food: Snack



Healthy Eating from Head to Toe

Join us for a Free series of interactive supportive classes to help families and youth to improve health. Learns ways to eat more fruits and vegetables, drink fewer sweetened beverages, be physically active and make fun, healthy snacks.

Day(s): Thursdays

Date(s): July 12,19,26, 2018

Time: 10:00 AM - 11:00 AM

Place: Jennie Mose Family Resource Center (Addison)

Registration: Registration is not required.

Child Care: NA: Program is for parents and children

Food: Snack



Love Languages

When your relationship is healthy, everything else falls into place! Learn five ways to express and experience love that Dr. Gary Chapman calls "love languages." Discover your own personal love language, as well as your partners and practical suggestions for enriching your relationships by practicing the other love languages. Dinner provided. Registration required. For-fee childcare is available, but space is limited, so register early.

Day(s): Friday

Date(s): July 20, 2018

Time: 5:30 PM - 8:30 PM

Place: Nonnie Hood Parent Resource Center (Corning)

Registration: Registration is required. Call the center at (607) 936-3837

Child Care: Yes Call the center at (607) 936-3837

Food: Meal

FLIP IT!



FLIP IT© Teaches four, easy to remember steps to help children identify their feelings, learn healthy self-control and reduce challenging behaviors. FLIP IT© is for anyone...parents, grandparents, teachers, childcare providers. Facilitators are certified by Devereux Center for Resilient Children.

Day(s): "Thursdays"

Date(s): Starting June 28, July 5, 19, 24, 26, 2018

Time: 10:30 AM - 12:30 PM

Place: Hornell Area Family Resource Center

Registration: Registration is required. Karen Sweeney 607-426-4879 or markarensweeney@gmail.com

Child Care: Yes Karen Sweeney 607-426-4879 or markarensweeney@gmail.com

Food: None

Parenting with Heart

Is far and away the most popular parenting series. In this 10-week series parents choose what they want to or need to learn from a number of topics that include such things as discipline, child safety, communication, child development, and the importance of self-care and the effects of substance abuse on the family. Participants also learn about how their own upbringing influences the way they are raising their children. Parenting with Heart sessions are facilitator led, round-table discussions and take place in relaxed setting.

Day(s): Tuesdays— **Session is Closed**

Date(s): July 3, 10, 17, 24, 31, 2018

Time: 5:30 PM - 7:30 PM

Place: Jennie Mose Family Resource Center (Addison)

Registration: Registration is required. Karen Sweeney 607-426-4879 or markarensweeney@gmail.com



Nurturing Touch

We celebrate moms and dads, as well as other caregivers, so let us empower you with the gift of nurturing touch! In this hands on workshop, we will learn the benefits of healthy, nurturing touch and the different types of stroke techniques for muscle stimulation, relaxation, relief of physical discomfort, and using touch to bond with your child. Parenting young children is hard work, but we know that massage makes it easier for parents to bond and for babies to grow up healthy and strong.

Day(s): Friday

Date(s): July 6, 2018

Time: 10:30 AM - 11:30 AM

Place: Jennie Mose Family Resource Center (Addison)

Registration: Registration is not required.

Child Care: NA: Program is for parents and children

Food: None



S2AY Rural Health Network Navigator Program

A Health Insurance Navigator will be available to assist with accessing the Health Insurance Marketplace or to answer questions regarding the Affordable Care Act. .

Date(s): July 11,18 & 25, 2018

Time: 9:00 AM - 12:00 NOON

Place: Jennie Mose Family Resource Center (Addison)

Registration: Registration is required. Please contact the Institute for Human Services to make an appointment @ 2-1-1 or 1-800-346-2211

Child Care: No

Food: None

FLIP IT !

FLIP IT© Teaches four, easy to remember steps to help children identify their feelings, learn healthy self-control and reduce challenging behaviors. FLIP IT© is for anyone... parents, grandparents, teachers, childcare providers. While the best results happen for those who engage in a 5-week series, the program can be tailored to fit the audience. Other options include: 3-hour overview to full-day or two-day sessions. Facilitators are certified by Devereux Center for Resilient Children.

Dads Matter!

Developed by fathering and parenting experts, 24/7 Dad™ focuses on the characteristics that men need to be involved fathers 24 hours a day, 7 days a week. This community-based program helps men develop the attitudes, knowledge, and skills they need to get — and stay — involved with their children. 24/7 Dad™ focuses on key fathering characteristics — like masculinity, discipline, and work/family balance — and helps men evaluate their own parenting skills, as well as their fathering role models.

Flexible Families: Parenting Through Separation and Divorce

Getting divorced or separated is hard on everyone, especially the kids. This program helps parents understand how to deal with their own hurt or angry feelings about the break up in ways that keep their children's best interests at heart. Participants will learn about ways to communicate without fighting and ways to problem solve in ways that keep the peace. Facilitators are certified by the NYS Unified Family Court System.

Brunch with Baby

This is an opportunity to learn more about being a first time mom and dad. We welcome pre-natal parents and those with babies up to 12 months. Babies are welcome!! The NYSPEP New Parent Tool Kit will be given to everyone who attends, which is full of resources and information Not only are these workshops lively and interactive, they offer food, fun and connection! Facilitators are credentialed by the NYS Parenting Education Partnership and/or certified Training for Excellence in Parenting Education

Parenthood 101

These classes are one time offerings. Topics will be identified by instructor as issues that are trending. The format will be a roundtable discussion with research based information being shared.

Parenting with Heart

Is far and away the most popular parenting series. In this 10-week series parents choose what they want to or need to learn from a number of topics that include such things as discipline, child safety, communication, child development, and the importance of self-care and the effects of substance abuse on the family. Participants also learn about how their own upbringing influences the way they are raising their children. Parenting with Heart sessions are facilitator led, round-table discussions and take place in relaxed setting. Facilitators are credentialed by the NYS Parenting Education Partnerships

Grand Parenting Support Group

There are 4.9 million grandparents raising their grandchildren! Many others are stepping up and supporting their adult children in the raising of their children. This support group will explore the changes in our society that have occurred since the rearing of their children and much more.

Nurturing Parenting

Evidenced- based program created by Stephen J. Bavolek Ph.D. This program addresses a broad range of topics such as: ages and stages of development, communication, managing feelings, managing anger and stress, discipline, alternatives to spanking, creating parenting routines and much, much more.

Nurturing Parenting for Teen Parents

Evidenced – based program created by Stephen J. Bavolek Ph.D. Parenting is hard at any age, but especially for teen and very young parents. Sample topics covered: Become a more nurturing parent to your child, help your child to grow up with positive self-worth, use discipline and rewards that promote positive self-regard, ages and stages of development, how to have fun with your child, how to grow as a family, and so much more!

Easy to Love, difficult to Discipline; the 7 Basic Skills for Turning Conflict into Cooperation- Book Study

We'll explore and learn from each other through this study-- Dr. Becky Bailey's Seven Powers of Self-Control; Seven Basic Discipline Skills; Seven Values for Living, Such as Integrity, Respect, Compassion, Responsibility and More. Can be held weekly or monthly.

For more information contact:

Parent Education Coordinator: Karen Sweeney
607-426-4879 or email your request to:
markarensweeney@gmail.com

If you would like to receive only this calendar you can go online to www.becomeagreatparent.com on the events page to see all the offerings and contact Linda George @ georgel@proactioninc.org to request to be added or removed from the monthly email. Thank you



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