



Supporting Healthy Families Program

Who: Parents/Caregivers with children - toddlers to teens

What: Learn tried and true basic parenting skills with bonus eating and healthy lifestyle tips and recipes

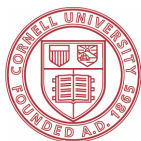
Where: Via Zoom (must have an email address to connect)

When: March 4th, 11th, 18th, 25th and April 1st
There will be an optional Making Ends Meet, budgeting class, April 8th

Register: https://reg.cce.cornell.edu/parentingprogram_215

Questions: Contact Samantha Davis 518-962-4810 or smd242@cornell.edu

No cost to attend.



Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Do you want to strengthen your relationship with your child?

Would you like to learn how to eat healthier as a family?

Improve family communication!

Share ideas!

Join this program in the comfort of your own home!

CORNELL COOPERATIVE
EXTENSION
OF ESSEX COUNTY