



Supporting Youth Mental Health Fall Series

Join us for **FREE** educational programs to help you learn valuable information to promote and understand youth mental health!

Teens and Screens

Teens today are undoubtedly growing up in a digital age. The ever-increasing presence of technology presents new opportunities for young people, but not without potential questions and risks. This workshop explores the latest research on the impact of screens. Participants will learn strategies and have opportunities for discussion around how to best manage parenting in this technology-infused world.

Friday, September 22, 2023, 12-1pm

Register here: <https://cornell.zoom.us/j/94832920000>

Helping Kids Through Trauma

Childhood exposure to stress and trauma can have lasting effects on the body and brain. Research suggests that these may only be risk factors and the negative effects of these adverse childhood experiences (ACEs) may be buffered by positive and protective experiences. This workshop explores how we have come to understand this phenomenon. Participants will learn about how our stress response system works when we experience traumatic events and ways to build resilience in our youth.

Thursday, September 28, 2023, 12-1pm

Register here: <https://cornell.zoom.us/j/94832920000>

Supporting LGBTQ+ Youth

Parents and caregivers often face many questions in creating a safe and supportive environment for a child identifying as part of the lesbian, gay, bisexual, transgender, questioning, or other (LGBTQ+) community. LGBTQ+ youth often face greater bullying, discrimination and mental health challenges. Learn strategies to create a supportive family, community and school environment,

which can make the biggest positive difference on the lives of LGBTQ youth.

Thursday, October 5, 2023, 12-1pm

Register here: <https://cornell.zoom.us/j/94832920000>

Recognizing and Managing Anxiety

With anxiety on the rise over the past decade and the continued effects of COVID-19 pandemic, we have seen even more levels of stress in children and teens. It's not always easy to recognize the difference between normal worries and anxiety disorders in children and teens, particularly in these challenging times. This workshop helps parents explore the definition of anxiety and how to distinguish anxiety from normal worries. Parents will learn practical parenting tips to support their children and build emotional resilience.

Friday, October 13, 2023, 12-1pm

Register here: <https://cornell.zoom.us/j/94832920000>

Cultivating Resilient Teens

Teenagers today face many stressors, as such, the number of adolescents reporting poor mental health has been on the rise. In this workshop, participants will learn science backed strategies to help parents untangle and support our teenagers' emotional lives. Parenting will learn how helping our teens to develop healthy social relationships, setting proper boundaries, and developing effective communication, can build and maintain resilience.

Thursday, October 19, 2023, 12-1pm

Register here: <https://cornell.zoom.us/j/94832920000>

Questions? Contact Cara Sultan at caw10@cornell.edu

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

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