



## **NEW MONTHLY PARENTING WORKSHOP SERIES**

Each month we will present a different topic run by **VARIOUS** professionals. The Workshops will provide support, education, and resources about relevant topics. **SUGGESTED DONATION: : \$5 per workshop**

### **Workshop #1 (Wed., Oct. 25th 6:00 - 7:30)**

*EDUCATIONAL ADVOCACY by DIANE INBODY, LIAC EDUCATION ATTORNEY*

#### **WORKSHOP OVERVIEW:**

Navigating the school day is not easy! Come learn how to get help for your child from their school AND make sure they are getting the help they need. Diane is an Education Attorney with the Long Island Advocacy Center, a not-for-profit organization dedicated to protecting the legal rights of students with disabilities.

### **Workshop #2 (Wed., Nov. 29th 6:00 - 7:30)**

*"Navigating the Teen Years: A Workshop on Adolescent Well-being, Substance Use, and Mental Health"*

*by ANTHONY FERRANDINO, LCSW*

#### **WORKSHOP OVERVIEW:**

This one-hour workshop will review some of the common issues that adolescents face that can interfere with their development. We will cover ways to identify these issues and steps to take in order to help them get through the teen years and get them the help they need.

### **Workshop #3 (Wed., Dec. 6th 6:00 - 7:30)**

*Grandparents Raising Grandchildren - The Privileges and the Challenges*

*by CORNELL COOPERATIVE EXTENSION AND HOPE FOR YOUTH KINSHIP PROGRAM*

#### **WORKSHOP OVERVIEW:**

This workshop will consist of a few topics from the PASTA curriculum (Parenting the 2nd time around). A series of programs for grandparents and other caregivers who are raising their grandchildren or other relatives. The program helps to guide grandparents or caregivers raising a new generation during these times rife with challenges unforeseen 20 to 30 years ago.

**REGISTER NOW!!!!**

**Contact Dr. Carter at 631-476-3099 or  
[drcarter.sunshinecenter@gmail.com](mailto:drcarter.sunshinecenter@gmail.com)**