

For Parents & Caregivers of children Ages 2-5 Years

Lunchtime Seminars

These classes are offered monthly
at the Stony Area CDC.

They will be held in the conference room
from 12-1pm.

October 18 - Biting

November 8 - Redirecting Your Child

January 17 - Redirecting Your Child

February 21 - TBA

Look for more classes on the
following dates:

March 20, April 17, May 15, & June 19

For Parents & Caregivers of Teens

Navigating the Teen Years

This class is geared toward Families with
children ages 11-15 years of age.

The class covers development, what to
expect and when to be concerned.

This class will be offered on

October 25

6-8pm

Lee Area CDC Kitchen Area, Bldg. 140

February 8

12-1pm

Middle School/Teen Center

Bldg. 500



Technology Safety Tips

Come learn how to keep your children safer
online! Become familiar with the technology
and applications that they use to talk with
one another. This class will raise your
awareness of other ways your child may be
going online—with cell phones, laptops, or
from friends' homes or the library. Addi-
tional topics to be covered include Cyber-
bullying, Predators, Revealing too much in-
formation, Spyware, spam, and scams.

For Parents of Elementary School-Age Children

October 19 from 4:15-5:15pm

Lee Area CDC Tech Center, Bldg. 140

For Parents of Teens

November 16 from 12-1pm

Middle School/Teen Center, Bldg. 500



ACS Mobilization and Deployment Strong Spouses and Young Heroes Deployment Support Groups

*Groups held on the first Friday of the month
on the following dates:*

November 4 and December 2

5:30-6:30pm at ACS, Bldg. 622

Spouses can meet new friends and learn about
helpful resources. Military youth are taught and
recognized as heroes through this support
group. On 4 November, the CYSS School Liai-
son Officer will present information on how
parents can stay connected to their child's edu-
cation while deployed.

Fore more information,
contact Amy-Jo Johnson at 938-5654

ACS TLC Support Group for Families of Children with Special Needs

The ~TLC~ Together, Listening,
Connecting support group meets at
ACS Building 622.

November 15, 6-7pm

December 13, 11:30am-12:30pm

at ACS, Building 622

To register, call Josephine Toohey at
(845) 938-5655 or
email josephine.toohey@us.army.mil



For Parents of Children in CYSS Sports and Fitness

Parents Association for Youth Sports (PAYS)

Parents and participants are required to attend a parent meeting, which is conducted before each season. At this meeting parents and participants will be briefed on the policies and procedures of the Youth Sports program and the specific sports in which they are participating.

Parents and players (children) will be required to review and sign a code of conduct /ethics at time of registration or at the Parents meeting. The code will be monitored by the Sports staff at all sporting events and if violations are observed the code will serve as the basis for the staff to take appropriate action to control parents, coaches and participants.



PAYS Training Dates

All Classes will take place at the
Middle School Teen Center, Bldg. 500

Dec 6 6pm or 7pm

Dec 7 6pm or 7pm

Dec 10 9am, 10am, 11am

For more information about these classes,
please contact Brian Szeli at 938-3550 or
Erin Leahy at 938-8896



Additional Education Opportunities Located Off Post

Seminars for parents and caregivers of children 8 and up. Discussions topics and dates are listed below. Classes are scheduled from 6:30-9pm

Tues. Nov. 15

Everything is a fight!: Dealing with conflict

Tues. Dec. 6

Great Expectations: What we want
for our Teenagers

Given at the Dispute Resolution Center
14 Scotchtown Ave.

Goshen, New York 10924

For more information, call:

Virginia Brown, LCSW

845-294-8082 x33

Online Resources for Parents

Free On-Line Tutoring

CYSS offers free online tutoring services to Army affiliated students through www.tutor.com. Students should go to myarmyonesource.com to submit a onetime registration to obtain their CYSS pass code. Educational support is available for K-12th grade in Math, Science, English and Social Studies. Students and tutors work together in on online classroom using controlled chat and an interactive white board. Students can send computer files, such as essays to the tutor for review and assistance!

Information about Cyberbullying

[www.common sensemedia.org/educators/
cyberbullying-toolkit](http://www.common sensemedia.org/educators/cyberbullying-toolkit)

Additional Education Opportunities Located Off Post

What to do With the Mad that you Feel?

Learn practical ways to help children identify and manage their feelings and develop self control. This series will provide practical strategies to help adults raise responsible children and address anger and bullying issues. There is a \$30 fee. This is geared toward parents & caregivers of children 2-8 years.

Four Session Series

Thursdays, October 20, 27 & November 3, 10

10am - 12pm

Cornell Cooperative Extension

18 Seward Ave., Third Floor

Middletown, NY

Discipline is NOT a Dirty Word

Most parents/caregivers agree that getting their children to behave is both important AND difficult. This program series will help adults learn and practice seven basic principles of positive and persuasive discipline. Topics will include: understanding children's behavior; effective communication and

conflict resolution; setting realistic limits and developing healthy family relationships. \$30 fee.

Four-Session Series

Tuesdays, October 4, 11, 18, 25, 7 - 9pm

Park Avenue Elementary

10 Park Ave., Warwick, NY

OR

Tuesdays, Nov. 15, 22, 29, and Dec. 6, 6- 8pm

Harriman Center

9 North Main St., Harriman, NY

For more information, or to register for these two classes, please call the Cornell Cooperative Extension, Orange County at 845-344-1234.

Fall/Winter 2011-2012

Educational Programs & Resources For Parents & Caregivers



West Point

Child, Youth & School Services



U.S. Army Child, Youth
& School Services

Parent Education Classes are offered through
CYSS Parent and Outreach Services.
Many classes are offered on post and others
are available through Orange County.

*For more information,
please contact Jodi Cabrera at 938-8899.*