

Join us for the free and online

Parenting Wisely Program

Parenting can be hard..but Parenting Wisely can help.

NOW OFFERING 2 COURSES:
YOUNG CHILD EDITION: AGES 3-11
TEEN EDITION: AGE 11 AND ABOVE

PARENTS WILL LEARN TO ASSIST THEIR CHILD IN:

- COMPLETING CHORES AND SCHOOLWORK**
- COMMUNICATING POSITIVELY WITH FAMILY AND FRIENDS**
- REDUCING NEGATIVE BEHAVIOR**

COMPLETE THIS PROGRAM ON YOUR TIME AT HOME
THROUGH VIDEOS AND PRACTICE SCENARIOS
WITH THE **SUPPORT OF OUR STAFF!**

Register Now by Visiting:

www.cortlandprevention.org/empower

Or by calling 607-729-6206 ext. 231

Amanda Tolentino, Family Engagement Coordinator

**Access this program with a
computer or smartphone!**

