

Parenting a Related Child

Based upon nationally acclaimed curriculum called, Parenting a Second Time Around (PASTA) and utilizing resources from NTDC

Have you recently adopted a related child?

Are you raising a child that is related to you?

Are you thinking about becoming a parent for someone related to you?

Cornell Cooperative Extension – Orange County Online Program:

- **8 self-paced modules covering:**
 - Understanding your roles and emotions
 - Supporting youth's emotions and needs
 - Addressing the child's trauma, grief, and loss
 - Trauma-informed parenting techniques
 - Navigating relationships with biological parents
 - Parenting techniques for children and teens
 - Recognizing and managing youth high-risk behaviors
- **Program Benefits:**
 - Connect with others in similar situations
 - Access a private parenting self-assessment with a full report
 - Learn effective self-care practices
 - Lifetime access to supportive resources

*You can participate in this program, from the comfort of your home at any time of day. Each module takes about **60-90 minutes each week** to complete, with up to 30 minutes of suggested journaling and brief homework assignments to complete.*

Online series runs from: September 15th until November 22nd, 2024.

This is a *FREE* program!

Register today by [CLICKING HERE](#) or Scan the QR CODE to the right!



**For more information, contact Caitlin O'Brien:
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