



Cornell Cooperative Extension
Suffolk County



Exercising as a family helps build strength in relationships.

[Home \(/\)](#) » **Family Health and Wellness**

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Family Health and Wellness

One of CCE's oldest initiatives, Family Health and Wellness has evolved from a homemaker-focused program to serve the changing needs of families, consumers and homeowners. Programs today provide information on diabetes education, nutrition, developing healthy lifestyles, and raising responsible children.

FHW educators collaborate with other county agencies and community-based organizations to support families, especially limited-resources families with young children. Development opportunities are also offered for family support professionals who work to strengthen families.



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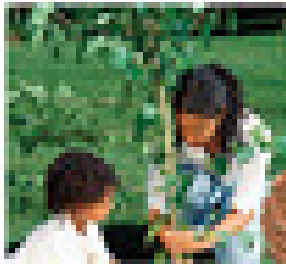
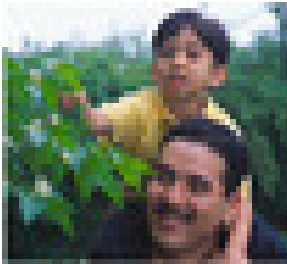
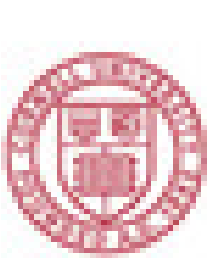
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PARENT UNIVERSITY 2019-20

AT YOUR SCHOOL



Parent University

Parent University is a series of workshops on topics related to school success for parents of students in pre-K through 6th grade.

[Read more](#)

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Programs for Adults

A comprehensive list of programs designed for community-based organizations i.e., public libraries, child care centers, schools, PTAs and human service agencies.

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Professional Training Programs

A menu of professional training programs on a variety of topics is offered by the Family Health and Wellness Program of CCE.

[Read more](#)

[\(/resources/professional-training-programs\)](/resources/professional-training-programs)



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PARENT UNIVERSITY AT YOUR LIBRARY

Parent University at your library

Parent University is a series of workshops on relevant parenting topics for parents of children in Pre-K through 6th grade.

[Read more](#)

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Parenting Skills Workshop Series

Join us for an eight session parent education program and learn new, positive skills that will replace ineffective behaviors and parenting practices.

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Parent Toddler Programs for Librarians

We are committed to helping you support parents of young children in your community. Educators are available to serve as a resource during these programs.

[Read more](#)

(/resources/parent-toddler-programs-for-librarians)

Contact

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Senior Administrative Assistant

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Last updated September 3, 2019

Family Health and Wellness

[Human Development \(/family-health-and-wellness/human-development\)](/family-health-and-wellness/human-development)

[Diabetes \(/family-health-and-wellness/diabetes\)](/family-health-and-wellness/diabetes)

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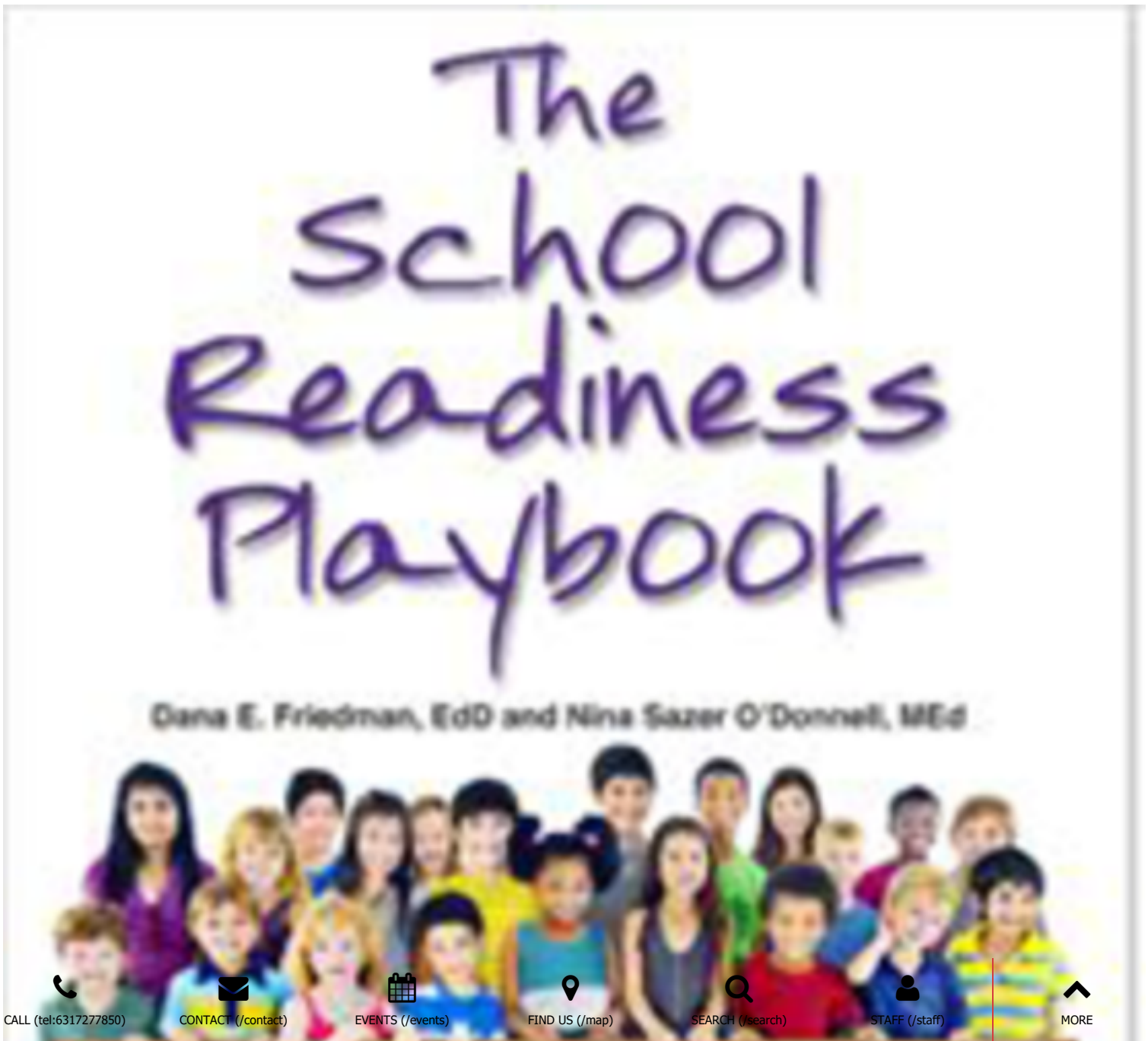


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The School Readiness Playbook



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(<http://ccesuffolk.org/resources/the-school-readiness-playbook>).

A free e-book, *The School Readiness Playbook* (<http://ccesuffolk.org/resources/the-school-readiness-playbook>) includes more than 150 helpful web links and brief videos from "players" all over the country, describing successful collaborations. It's a unique, multi-media resource that the authors hope will help accelerate school readiness progress throughout the country.

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Visit the FHW Blog!!



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CCE Suffolk County Family Health & Wellness

Strengthening Families & Communities

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Cooking With Your Little Ones

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By Dinah Torres Castro










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 - School
 - Teen

(<http://blogs.cornell.edu/ccesuffolkfhw/>).

Visit the Family Health and Wellness blog, for timely, research-based information about raising healthy children, chronic disease prevention, proper nutrition, food safety, diabetes education and weight management.

<http://blogs.cornell.edu/ccesuffolkfhw/> (<http://blogs.cornell.edu/ccesuffolkfhw/>).

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[The Good Earth Gala \(/events/2019/11/07/the-good-earth-gala\)](/events/2019/11/07/the-good-earth-gala)

Today

6:00 PM - 10:00 PM

[Parenting Skills Workshop Series \(/events/2016/09/08/parenting-skills-workshop-series\)](/events/2016/09/08/parenting-skills-workshop-series)

Wednesday, November 13

6:30 PM - 8:30 PM

[CCE Suffolk Annual Meeting & Recognition Ceremony \(/events/2018/11/14/cce-suffolk-annual-meeting-recognition-ceremony\)](/events/2018/11/14/cce-suffolk-annual-meeting-recognition-ceremony)

Tuesday, November 19

7:00 PM - 9:00 PM

[Parenting Skills Workshop Series \(/events/2016/09/08/parenting-skills-workshop-series\)](/events/2016/09/08/parenting-skills-workshop-series)

Wednesday, November 20

6:30 PM - 8:30 PM

[Parenting Skills Workshop Series \(/events/2016/09/08/parenting-skills-workshop-series\)](/events/2016/09/08/parenting-skills-workshop-series)

Wednesday, November 27

6:30 PM - 8:30 PM

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