



# Newsletter

July-August 2020

## Virtual Youth Assist Summer Program

**Tune in on July 10th at 3:00 p.m.  
To meet the staff and get a preview of the Summer!**

Looking for something fun to do? This summer, the Youth Assist Program will be offering daily virtual activities. Not only will you be able to participate in fun virtual events like escape rooms, scavenger hunts, DIY crafts, and exercise challenges, but you can also win free prizes. Each time that you interact with an event on our new Instagram page, you will be able to mark off one of the boxes on our Summer Program Bingo Sheet. At the end of the summer, we will be handing out prizes to those who get two bingos. Although we can't meet in person, we hope you will join us for what is sure to be a great summer!

Who: Any kids aged middle school through high school

What: 7 weeks of interactive virtual activities

When: 3 p.m., M-F, July 10-August 28th

Where: Instagram and Facebook

**Contact:** Val Chapman at 607-756-8970 ext. 257



In an effort to help minimize the impact of the **Corona Virus (COVID-19)**, Cortland Prevention Resources and the Cortland LGBTQ Center will be closed to visitors for the foreseeable future. Please know that our staff is still available to you via email or phone 607-756-8970 ext. 255.

Stay well and we hope to see you in person again soon.

## Programs also Available Online

Join us for the **free and online**  
**Parenting Wisely Program**

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

### 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](http://www.cortlandprevention.org/empower)  
or call 607-729-6206 ext. 231

Amanda Tolentino, Family Engagement Coordinator



## NOW OFFERING 2 COURSES:

### YOUNG CHILD EDITION: AGES 3-11

- Interrupting Phone Calls
- Refusing to go to Bed
- Acting up in Public
- Homework and Poor Remarks
- Conflict with other Children
- Getting Ready for School
- Sibling Conflict

### TEEN EDITION: AGE 11 AND ABOVE

- Helping Children to do Homework
- Helping Children do Better in School
- Curfew
- Criticizing
- Monitoring School, Homework, and Friends
- Loud Music, Incomplete Chores
- Sharing the Computer
- Sibling Conflict
- Getting Up on Time
- Finding Drugs

## Teen Intervene is available online or over the phone *all Summer!*

Has your teen experienced minor issues related to nicotine, alcohol, or other drug use? Bring them to **Teen Intervene**, where they can speak with a trained facilitator at **Cortland Prevention Resources**.

**Contact: 756-8970 ext. 255 or [lwilkins@familycs.org](mailto:lwilkins@familycs.org)**

### Teen Intervene:

- Is a free program for ages 12-19
- Offers education, support, and guidance
- Provides 1-on-1 confidential discussion
- Focuses on goal setting and healthy decision making

*Not formal therapy—Does not go on permanent record  
Optional session available for parents*



[cortlandprevention.org](http://cortlandprevention.org) (607) 756-8970



The Cortland Lesbian,  
Gay, Bisexual,  
Transgender  
& Queer Center

There are many ways to be an ally to the LGBTQ community. If you are looking to learn more about the LGBTQ community, reach out to Sam ([sadams@familycs.org](mailto:sadams@familycs.org)) to schedule a virtual training for your business, agency, or community group!

### To connect to one of LGBTQ programs listed:

Contact: Sam Adams [sadams@familycs.org](mailto:sadams@familycs.org)

#### One-on-One Virtual Chats

GEAR for Teens (ages 13-20)

Gear for Adults (ages 18 and up)

Gender Sexuality Alliance (GSA) (grades 6<sup>th</sup>-12<sup>th</sup>)

Women's Book Club (ages 18 and up)

[https://www.cortlandprevention.org/lgbt\\_resource\\_center/](https://www.cortlandprevention.org/lgbt_resource_center/)