

# Family Resource Centers

An educational program of Cornell Cooperative Extension of Tioga County



You can find FRC information online at:

[tioga.cce.cornell.edu](http://tioga.cce.cornell.edu)

[facebook.com/FRCTioga](https://facebook.com/FRCTioga)

For changes to our emailing list please call 687-4020.

Our Play spaces and in-person programming are currently on hold due to COVID-19. Please join us for Virtual Talk Times and Family Activity Videos. To participate contact [jes49@cornell.edu](mailto:jes49@cornell.edu)

- ◆ Informal parenting workshops
- ◆ Parent-child activities
- ◆ Resource referral

Parents, Grandparents, and other Caregivers participate with the young children in their care. Please contact the local Family Resource Center if you have special needs.

The Family Resource Centers in Tioga County are funded, in part, through a federal grant administered by the New York State Children and Family Trust Fund, a program of the NYS Office of Children and Family Services.

Other funders include Tioga County Department of Social Services, Tioga County Youth Bureau, Floyd Hooker Foundation, Waverly Community Chest, and Cornell Cooperative Extension of Tioga County.

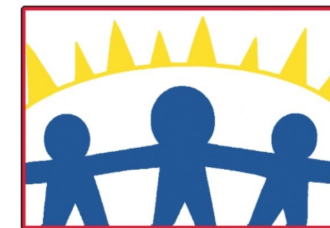


# September 2020

## Tioga County Family Resource Centers

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**Learn... Connect... Be Involved**  
Family Resource Centers of Tioga County

### Find Us:

<http://tioga.cce.cornell.edu/>

<https://www.facebook.com/FRCTioga/>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
		10 am Carantouan Nature Reserve in Waverly	11 am Shake Your Sillies Out <hr/> 1 pm Outdoor Activities at the Berkshire Library	11:30 am Virtual Talk Time - Self Care Email <a href="mailto:jes49@cornell.edu">jes49@cornell.edu</a> or call 607-687-4020		
6	7	8	9	10		
	<b>CLOSED</b>	11 am My Plate, My Family virtual series To register, email <a href="mailto:jes49@cornell.edu">jes49@cornell.edu</a> or call 687-687-4020	11 am Shake Your Sillies Out <hr/> 1 pm Outdoor Activities at the Berkshire Library	<b>Staff training</b>		
13	14	15	16	17		
	10:30 am Owego RiverWalk <hr/> 5-7 pm PS...It Works virtual parenting class	11 am My Plate, My Family virtual series	11 am Shake Your Sillies Out <hr/> 1 pm Richford Walking Trail	10 am Scavenger Hunt at Muldoon Park		
20	21	22	23	24		
	10:30 am Sayre Health Care Window Art <hr/> 5-7 pm PS...It Works virtual parenting class	11 am My Plate, My Family virtual series	11 am Shake Your Sillies Out <hr/> 1 pm Outdoor Activities at the Berkshire Library	11 am Virtual Talk Time - Routines		
27	28	29	30			
	11 am PAC <hr/> 5-7 pm PS...It Works virtual parenting class	11 am My Plate, My Family virtual series	11 am Shake Your Sillies Out <hr/> 1 pm Outdoor Activities at the Berkshire Library	<b>To receive links or for more information on any activity: call 607-687-4020 or email <a href="mailto:jes49@cornell.edu">jes49@cornell.edu</a></b>		

**September 1** Nature Walk  
Join FRC staff as we walk at Carantouan Greenway (Wildwood Reserve). Inga Wells and Marta Borko will lead this hike. Please remain in your family groups and wear a mask. Don't forget bug spray!

**September 3** Talk Time – Self Care  
Taking care of yourself is very important, especially during this difficult time. During this zoom meeting, parents can pick up tips to help cope.

**September 8, 15, 22, 29** My Plate, My Family - Please join SNAP-Ed New York's interactive virtual Nutrition lessons! Find new ways to save money and time when buying food and making meals for your family. Also learn how to make family time active and fun! Email [jes49@cornell.edu](mailto:jes49@cornell.edu) or call 607-687-4020 to receive a link.

**September 14, 21, 28** PS...It Works Parenting Class FRC will be hosting this virtual 8 week credentialed parenting class. Call 607-687-4020 for more information.

**September 14** Owego Riverwalk  
Meet FRC at 56 Main Street entrance in Owego, for a Riverwalk. Please stay in your family groups, wear a mask. Don't forget bug spray!

**September 17** Muldoon Park scavenger hunt. Young children and their families can hunt for leaves, twigs, and more on a nature hunt at Muldoon Park with FRC. Please wear a mask and stay in your family groups.