

REQUESTING A PROGRAM

Choose the program you would like and call us at:
518-765-3500

Programs and program length are scheduled directly with the speaker. Please arrange at least one month in advance. Some fees may be charged to help offset costs. In the event there is a charge for programs, waivers or scholarships are available to eligible participants. Any honorariums are used to support continued programming.



Cornell Cooperative Extension Albany County

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CHOICES Program
Faith Plaza, Route 9W
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www.ccealbany.com

“Building Strong and Vibrant New York Communities”

Cornell Cooperative Extension in Albany County provides equal program and employment opportunities.

Please contact the Cornell Cooperative Extension of Albany County office if you have special needs or are unable to pay.



Cornell University
Cooperative Extension
Albany County

Look Who's Talking



Cornell Cooperative Extension, Albany County is a not-for-profit, educational agency, providing county residents with unbiased, research-based information. Our programs fall under five areas of importance to today's individuals, families, communities and businesses:

- Agriculture and food systems sustainability
- Children, youth, and family well-being
- Community and economic vitality
- Environmental and natural resource enhancement
- Nutrition, health, and safety

The following is a current list of the workshops and classes that Cornell Cooperative Extension Albany County offers.

Please call to receive a detailed description of each topic.

If your specific topic of interest is not listed, our educators will strive to accommodate your needs.

AGRICULTURE & FOOD SYSTEMS

Agriculture Land Use Issues • Agriculture Workforce Certification Training • Certified Nursery Landscape Professional Training • Commercial Dairy & Livestock Production, Management & Marketing • Farm Business Management • Field Crop Production • Groundwater & Nutrient Management on Farms • Integrated Pest Management (IPM) • Pesticide Safety Training (Pesticide Recertification Training, Certified Pesticide Applicator Training) • Forestry Workshops • Starting a Small Farm

CHILDREN, YOUTH & FAMILY WELL-BEING

4-H Club Program • ACT—Adults & Children Together—Against Violence • Advancing Youth Development (AYD) • AG in the Classroom • Building Positive Self-Esteem in Your Children • Child Development • Government Intern Program • Grab & Go With Science • Helping Children Manage Anger • Helping Children Manage Difficult Behaviors • Helping Your Child Succeed in School • Preparing Your Child for Kindergarten • How Does Today's Media Affect Children? • How Good Parents Raise Great Kids • Nurturing Relationships at Family Meetings • How to Recognize & Manage Your Stress • Mentors & Moms Program • Parenting After Separation or Divorce; Helping Children Adjust • Smart Step-Parenting for Step-Families • Parenting Skills Workshop Series • Shaking, Hitting, Spanking—What to Do Instead • Strengthening Families Program • Teaching Young Children Social Problem Solving Skills • Teen Ambassadors • After School Programs • Youth Science & Technology Programs

COMMUNITY & ECONOMIC VITALITY

Control Credit, Manage Debt • Financial Fitness for Teens • HEAP Program • Kids & Money • Making Ends Meet • Save Energy, Save Dollars

ENVIRONMENT & NATURAL RESOURCES

Healthy Neighborhoods Program • Nutrient Management & Water Quality Issues • Radon Awareness • Soil Information & Testing • Shooting Sports • Healthy Homes • Energy Awareness & Conservation

HORTICULTURE

Container Gardening • Gardening in the 21st Century • Arctic Flora & Cold Weather Adaptation • Gardening for Wellness • Gardening with Herbs, Succulents, & Veggies • Shakespeare in the Garden • Starting Plants From Seed • Waking up the Garden in Spring/Putting it to Bed in the Fall • Rain Gardens • What to do About Weeds • Wild Flowers of NY State

NUTRITION, HEALTH & SAFETY

Eating & Exercising for a Healthier You • Healthy Eating for the Holidays • Infant & Toddler Nutrition • Intuitive Eating • Mirror Images: Empowering Youth to Break the Body Image Rules • Nutrition & Menopause • Nutrition Smarts for Kids; No Battles, Better Eating • Preserving the Bounty: An Introduction to Home Food Preservation • Seasoning for Your Heart • Senior Nutrition • Type 2 Diabetes & Diet • Weight Management for Life • Whole Grain Goodness • Stretch Your Food Dollar • Going Nuts over Allergies • Phytochemicals • Fast Family Meals • Mediterranean Cooking • Savor the Season • Fishing for Health •

 *Call on Cornell Cooperative Extension Albany County for presentations for your club, school, business, or organization...* 