

For more program and group information, please see following page or visit our website at www.saratogacff.org. Thank you!

MONTH	PROGRAM	DURATION	PROGRAM MEETS	TIME AND LOCATION
JANUARY	Anger Management (Adults)	5 Weeks	Meets each Thursday, beginning on January 8th	6:00pm – 7:00pm / Saratoga Center
	Parenting Group	8 Weeks	Meets each Tuesday, beginning on January 13th	5:30pm – 7:00pm / Saratoga Center
	Child Custody Stress Prevention	2 Weeks	Meets each Wednesday, beginning on January 14th	5:30pm – 8:00pm / Skidmore College
	Parent & Caregiver Support	1 Day	Meets Thursday, January 15th	10:00am – 11:00am / Saratoga Center
FEBRUARY	Children In the Middle	6 Weeks	Meets each Thursday, beginning on February 19th	5:00pm – 6:00pm / Saratoga Library
	Parent & Caregiver Support	1 Day	Meets Thursday, February 19th	10:00am – 11:00am / Saratoga Center
MARCH	Child Custody Stress Prevention	2 Weeks	Meets each Wednesday, beginning on March 11th	5:30pm – 8:00pm / Skidmore College
	Anger Management (Adults)	5 Weeks	Meets each Thursday, beginning on March 12th	6:00pm – 7:00pm / Saratoga Center
	Parenting Group	8 Weeks	Meets each Tuesday, beginning on March 17th	5:30pm – 7:00pm / Saratoga Center
	Parent & Caregiver Support	1 Day	Meets Thursday, March 19th	10:00am – 11:00am / Saratoga Center
APRIL	Parent & Caregiver Support	1 Day	Meets Thursday, April 16th	10:00am – 11:00am / Saratoga Center
MAY	Child Custody Stress Prevention	2 Weeks	Meets each Wednesday, beginning on May 6th	5:30pm – 8:00pm / Skidmore College
	Anger Management (Adults)	5 Weeks	Meets each Thursday, beginning on May 7th	6:00pm – 7:00pm / Saratoga Center
	Parenting Group	8 Weeks	Meets each Tuesday, beginning on May 12th	5:30pm – 7:00pm / Saratoga Center
	Parent & Caregiver Support	1 Day	Meets Thursday, May 21st	10:00am – 11:00am / Saratoga Center
JULY	Child Custody Stress Prevention	2 Weeks	Meets each Wednesday, beginning on July 1st	5:30pm – 8:00pm / Skidmore College
	Anger Management (Adults)	5 Weeks	Meets each Thursday, beginning on July 2nd	6:00pm – 7:00pm / Saratoga Center
	Parenting Group	8 Weeks	Meets each Tuesday, beginning on July 7th	5:30pm – 7:00pm / Saratoga Center
AUGUST	Child Custody Stress Prevention	2 Weeks	Meets each Wednesday, beginning on August 26th	5:30pm – 8:00pm / Skidmore College
	Anger Management (Adults)	5 Weeks	Meets each Thursday, beginning on August 27th	6:00pm – 7:00pm / Saratoga Center
SEPTEMBER	Parenting Group	8 Weeks	Meets each Tuesday, beginning on September 1st	5:30pm – 7:00pm / Saratoga Center
OCTOBER	Children In the Middle	6 Weeks	Meets each Thursday, beginning on October 8th	5:00pm – 6:00pm / Saratoga Center
	Anger Management (Adults)	5 Weeks	Meets each Thursday, beginning on October 22nd	6:00pm – 7:00pm / Saratoga Center
	Parenting Group	8 Weeks	Meets each Tuesday, beginning on October 27th	5:30pm – 7:00pm / Saratoga Center
	Child Custody Stress Prevention	2 Weeks	Meets each Wednesday, beginning on October 28th	5:30pm – 8:00pm / Skidmore College
DECEMBER	Child Custody Stress Prevention	2 Weeks	Meets each Wednesday, beginning on December 9th	5:30pm – 8:00pm / Skidmore College

GROUP AND PROGRAM DETAILS: For more information, please visit our website, www.saratogacff.org.

Anger Management (Adults)

This 5-week program is designed to help participants learn to express strong emotions in a healthy, balanced way. The group will evaluate: what anger is, how to recognize things that make you angry, ways to recognize feelings of anger and how to deal with anger. Registration fee is \$40. To register for this group, please call 518-587-8008, ext. 314.

Child Custody Stress Prevention

Child Custody Stress Prevention Program works with separating/divorcing parents to focus attention on the needs and development of their children. The program focuses on the need for stability between separating parents, to more constructively address custody issues and enhance co-parenting. Registration fee is \$85. To register, please call 518-587-8008, ext. 314.

Child in the Middle

This 6-week group is designed for children between the ages of 7 – 12 whose parents are currently going through a separation or divorce. The group's goal is to help children begin to heal from the pain that may be caused by a family break up and allow them a safe place to express their feelings while normalizing them. Group includes arts & crafts and games to help children process the changes in their family. To register for this group, please call 518-587-8008, ext. 314. This program is grant funded.

Parent & Caregiver Support

Parent and Caregiver Support Group is designed to help families recover from the trauma of sexual abuse and the effects on the entire family. In a group setting, we will help parents and caregivers process the feelings and emotions related to their child's abuse disclosure. This program is grant funded. To register for this group, please call 518-587-8008, ext. 308.

Parenting Group

This 8-week program is designed to meet the needs of parents/caregivers who want to improve their parenting skills, develop child-rearing knowledge and learn and practice the skills needed to raise healthy, happy children. Registration is \$40.00. To register for this group, please call 518-587-8008, ext. 314.

About Saratoga Center for the Family

At Saratoga Center for the Family, we work each day to strengthen children, families, and our community by reducing the effects of abuse, trauma, and family dysfunction through advocacy, education and mental health therapy.

Our programs are designed to teach participants about conflict resolution, how to acquire problem-solving skills, and how to build and maintain healthy relationships. The goal is to build stronger families where children feel loved and valued and can thrive in a safe and healthy environment.

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