

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	Parenting Group	8 Weeks	Meets each Thursday, beginning on January 10 th	5:30pm – 7:00pm / Saratoga Center
	Anger Management (Adults)	5 Weeks	Meets each Thursday, beginning on January 10 th	7:15pm – 8:15pm / Saratoga Center
	Child Custody Stress Prevention	2 Weeks	Meets Wednesday, January 9 th & 16 th	5:30pm – 8:00pm / Skidmore College
MARCH	Child Custody Stress Prevention	2 weeks	Meets Wednesday, March 6 th & 13 th	5:30pm – 8:00pm / Skidmore College
	Parenting Group	8 Weeks	Meets each Thursday, beginning on March 7 th	5:30pm – 7:00pm / Saratoga Center
	Anger Group (Adults)	5 Weeks	Meets each Thursday, beginning on March 7 th	7:15pm – 8:15pm / Saratoga Center
APRIL	Child Custody Stress Prevention	One day	Meets Saturday, April 6 th	9:00am – 2:30 pm / Saratoga Center
MAY	Parenting Group	8 Weeks	Meets each Tues./Wed., beginning on May 28 th	5:30pm – 7:00pm / Saratoga Center
	Child Custody Stress Prevention	2 Weeks	Meets Wednesday, May 1 st & 8 th	5:30pm – 8:00pm / Skidmore College
	Anger Management (Adults)	5 Weeks	Meets each Tuesday, beginning on May 28 th	7:15pm – 8:15pm / Saratoga Center
JUNE	Child Custody Stress Prevention	2 Weeks	Meets Wednesday, June 12 th & 19 th	5:30pm – 8:00pm / Skidmore College
JULY	Parenting Group	8 weeks	Meets each Tues./Wed., beginning July 2 nd	5:30pm – 7:00pm / Saratoga Center
JULY	Anger Management (Adults)	5 Weeks	Meets each Tuesday, beginning July 2 nd	7:15pm – 8:15pm / Saratoga Center
AUGUST	Parenting Group	8 Weeks	Meets each Tuesday, beginning August 20 th	5:30pm – 7:00pm / Saratoga Center
	Anger Management (Adults)	5 Weeks	Meets each Tuesday, beginning August 27 th	7:15pm – 8:15pm / Saratoga Center
SEPTEMBER	Child Custody Stress Prevention	2 Weeks	Meets Wednesday, September 11 th & 18 th	5:30pm – 8:00pm / Skidmore College
NOVEMBER	Child Custody Stress Prevention	2 Weeks	Meets Wednesday, November 6 th & 13 th	5:30pm – 8:00pm / Skidmore College
	Parenting Group	8 Weeks	Meets each Tuesday, beginning November 12 th	5:30pm – 7:00pm / Saratoga Center
	Anger Management (Adults)	5 Weeks	Meets each Tuesday, beginning November 12 th	7:15pm – 8:15pm / Saratoga Center
DECEMBER	Child Custody Stress Prevention	One day	Meets Saturday, December 14 th	9:00am – 2:30pm / Saratoga Center

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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 \$85. To register for this group, please call 518-587-8008

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

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 \$85. To register for this group, please call 518-587-8008

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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