



ALDEN FAMILY
CENTER

Stay up to Date



Remind

Class code @46eeka



Located in the Middle School,
13250 Park St., 716-937-9116 x2158
mhoward@aldenschools.org



February 2026



The Alden Family Center offers short term mental health services and referrals to community resources to individuals in the district. The Center also runs wellness and educational programs and presentations throughout the school year.



"Tell me and I forget, teach me and I may remember, involve me and I learn."—Benjamin Franklin



Center Spotlight

Navigating Digital Technology and Social Media

As digital platforms and social media increasingly influence children's interactions, supporting them and teaching them how to navigate this digital world can be difficult.



In March, the Alden Family Center will host Dr. Amanda Nickerson, director of The Alberti Center for Bullying Abuse Prevention, who will present on helping children navigate digital technology and social media, with a specific focus on cyberbullying. She will address the challenges teens face with evolving platforms and how to use them positively. Her presentation will also cover technology and social media insights, strategies to identify and prevent cyberbullying, and ways to encourage safe online interactions.

This virtual event on cyberbullying will take place on **March 24th from 5:30PM-6:30PM**. If you would like to learn more about this program or register, click [here](#).

Monthly Focus: Help Your Child Get Motivated in School



Parents and caregivers may feel concerned when they see their child facing academic challenges. It's important to first investigate any potential obstacles, such as learning difficulties or social, attentional, and emotional issues. However, there are effective strategies that parents and caregivers can do to motivate and support their child's academics. Below are a few suggestions to try.

Get Involved: Show interest in your child's schoolwork by sitting with them during homework and discussing what they're learning. With teens, make sure you are sharing part of your day too, so it feels like a conversation and not an interrogation.

Use Reinforcement: While tangible rewards can sometimes hinder motivation, professionals suggest using social reinforcers like praise, hugs, and high fives to encourage effort and achievement.

Help Them See the Big Picture: This is especially useful for high schoolers needing motivation and planning for life after graduation.

Let Them Make Mistakes: As parents and caregivers, it makes sense to push our kids to do their best. It is just as important to allow them to experience setbacks as learning opportunities.

To learn more about motivating your child at school, click [here](#) to read the full article.

Community Impact Project:

Kindergarten Readiness Series



This free, community-based program is a series of small groups led by a Pediatric Occupational Therapist that will help your child prepare for kindergarten. The Parent Network of WNY is running this program for children ages 3-6 years old and it will be on **February 17th, 18th, 19th and 20th from 10am-11am** at 1021 Broadway St, Buffalo 14212.

Click [here](#) for more information about the program. To register for this free program, click [here](#).

If you have any additional questions about the program, feel free to contact the Family Center at mhoward@aldenschools.org or 716-937-9116, x2158.

Important Dates:

Click on the program title for more information and registration

S'more Fun with Books Family Program

Tuesday, March 10th, 4:30pm-6pm

Alden High School Library

Cyberbullying: Helping Children Navigate Digital Technology and Social Media

Tuesday, March 24th, 5:30pm-6:30pm

Virtual program- Secure link will be sent once registered for the event.

Q & A with the Office of People with Developmental Disabilities

Wednesday, March 25th, 6pm-7pm

Alden High School Library

PTO Meat Raffle

Saturday, March 28th, Doors open at 6pm, 1st spin at 7pm

Variety Club, 6114 Broadway

Thursday, February 12th, 6pm-7pm

Kinship Connection

Abundance of Grace, 11269 Broadway St.



Project Safe and Warm Kits: Free Winter Kits



In partnership with Oshei's Kids Safe program, the Family Center has received a limited number of free winter safety kits for anyone who may be in need. The kits include a drawstring bag with a CO and Methane detector, hot chocolate, HEAP info and winter hats.

If you are interested in one of these kits, please contact the Alden Family Center for pick up or click [here](#).

Building Connections

This month we will be highlighting:

Imagination Library



What is it?

Dolly Parton's Imagination Library is a book gifting program that mails free, high-quality books to children from birth to age five, no matter their family's income. This program was started by Dolly Parton as a way to inspire kids to love to read and has grown internationally throughout the years.

Who does it serve?

Any household that has children from birth to 5 years old and lives in an area where the program is offered. Buffalo area and Erie County recently started participating in this program, but it has been in existence since 1995.

Getting Connected: To learn more about Imagination Library, click [here](#) or visit <https://imaginationlibrary.com/about-us/>. To sign up for this program or fill out an application click [here](#).

If you would like a printed application, please contact the Alden Family Center.