



South Country Library

22 Station Road, Bellport, New York 11713 | (631) 286-0818 https://sctylib.org/

Connecting Through Emotional Availability: a workshop for parents & caregivers with Krystal Vidal, M.S.

Wednesday, October 22, 2025 6:30 - 8:00pm

Emotional Availability is the ability of a caregiver to be emotionally present and responsive to their child in a way that builds trust, security, and connection.

It is not about being perfect, it is about being open, curious, and available. In this workshop, you'll learn to:

- ✓ Understand the 6 key dimensions of Emotional Availability
- ✓ Learn about attachment styles and how to support secure attachment



Registration for this in-person workshop opens on October 1 at 9:30 am. Register at the library, online, or by phone at 631-286-0818 x2.

Who is this for?

Anyone in a caregiving role who wants to build a stronger emotional connection with a child.

Also for parents of emotionally distant or reactive children or teens, or families facing stress, transitions, or disconnection.

Because we know childcare can be hard to arrange, we will have high school volunteers to play with children in an area of the same room. That way parents can keep an eye on their children. Babies can stay in a carrier with their parent/caregiver.

About the Presenter:

Krystal Vidal Alvarenga, M.S., is certified in Emotional Availability, holds a master's degree in neuroscience and education, and works in child development research. She provides one-on-one evaluations and coaching to help families build stronger emotional bonds through research-backed, heart-centered strategies.



REGISTER AT: http://bit.ly/4liFSXf





October 1, 10:30 am - 1:00 pm

The Stony Brook Medicine URIM (Under Represented in Medicine) Committee will be hosting a Baby Shower for parents-to-be. This free program will include practical education on vital topics such as prenatal & postpartum care, safe sleep practices, breastfeeding, and community resources.

Meet local organizations providing a wide range of resources for new parents. This shower will take place at the South Country Library.

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Ask for a scavenger sheet, find all the monsters hiding in the Children's Dept. and get a sticker! One sticker per child per day. Scavenger hunt runs for the month of October.



Haunted Library

Friday, October 24 from 6:00pm-8:00pm

No registration. Stop by between 6:00 - 8:00 pm for a building-wide spooky haunted library event for all ages! Walk through the library for some spooky frights and fun!