



SUNY ORANGE

BRIDGES PROGRAM

Newburgh

Community Class

Course Catalog

Fall 2025

Physical Wellness & Self-Regulation Skills

In this workshop students will understand and identify how good stress can motivate and enhance performance while prolonged stress can lead to negative effects on physical health. Students will identify personal stress and understand how essential it is to develop self-regulation and coping strategies. Developing these coping mechanisms not only aids in navigating daily stressors but also fosters a healthier, more balanced

Cost= \$916.67

Physical Wellness & Self-Regulation Lab

In this Lab, students engage in various activities connecting concepts taught in the Physical Wellness & Self-Regulation skills workshop and explore movement-based activities as coping strategies. The class will consist of practice, videos, discussion and opportunities to practice healthy self-regulation skills. Techniques such as mindfulness, exercise, stretching, breathing techniques, journaling, dancing and other movement based activities will help manage stress levels and help students to manage their personal wellness.

Cost= \$916.67

Adulting 101: Effectively Caring for Yourself & Your Home

This public class introduces practical, everyday strategies for managing life at home with greater ease and confidence. Designed for young adults and community members of all backgrounds, the course explores foundational skills for caring for your living space and navigating basic adult responsibilities. Participants will learn how to handle simple household issues—like using everyday tools, managing basic repairs, and understanding how to keep a home running smoothly.

The course also includes discussions on personal organization, when and how to ask for help, and building routines that support independence and self-confidence. Whether you're preparing to live on your own, moving into your first apartment, or just looking to sharpen your everyday skills, this instructional course offers useful takeaways in a relaxed, public setting. Open to all members of the community.

thrive in the next phase of their lives with greater independence and confidence.

Cost= \$916.67

Global Kitchen: Exploring Culture Through Cooking

This hands-on culinary class invites participants to explore a variety of regional and international cuisines through direct instruction and cooking experiences. Each session introduces a new culinary theme—from Italian to Mexican, Asian, or classic American comfort dishes—giving participants the chance to experiment with flavors, ingredients, and preparation methods unique to different cultures.

Designed for individuals of all skill levels, this class builds culinary confidence, encourages curiosity, and fosters a shared appreciation for food as a form of connection and self-expression.

Cost= \$916.67

Art in Action: Exploring Materials, Styles, and Self-Expression

This class offers hands-on instruction in visual arts, giving participants the opportunity to learn and apply a variety of artistic techniques. Each session introduces a new medium or method, including watercolor, oil pastels, grid-style drawing, and cubism. Participants explore artistic styles such as the “Laurel Burch” aesthetic, the grid-tree layout design and create projects made from everyday items.

Projects are designed to encourage creativity, build artistic confidence, and expand personal interests through guided exploration and instruction. Participants are encouraged to reflect on how art can be used not only for personal enjoyment and self-expression but also to connect with others!

Cost= \$916.67