



**HENRY STREET
SETTLEMENT**
www.henrystreet.org

The PARENT CENTER

FREE parenting groups and workshops strengthen families and build community.

Ackerman Institute for the Family's **BRIGHT BEGINNINGS**

EXPECTANT MOTHERS — Prepare for the relationship of a lifetime with a six-week parent group designed to help pregnant mothers attune to their bodies and emotions. **Offered Fall 2015**

MOTHERS WITH BABIES — Familiarize yourself with the developmental needs of your baby (two to 12 months) with this six-week curriculum-based group for parents and children. Learn methods for fostering attachment and for developing communication, socialization and sensory-motor skills. **Offered Spring 2016.**

TODDLER TUESDAYS

Parents and their toddlers (16 months to three years) engage in structured play, learning through music and movement, stories, arts and crafts and more in this six-week group. Meets Tuesday mornings from 10-11:30 AM.

PARENTING JOURNEY

Build nurturing family relationships through increased self-awareness and self-care in this 12-week curriculum-based parenting group.
***Family Court/ACS-approved**

SIX-WEEK PARENTING GROUPS

Parents of children (five to 12 years) and teenagers (12 to 17 years) explore a range of parenting topics in six-week groups, including groups held in Mandarin and groups for parents of children with special needs. Topics include healthy development, responsibility, discipline, self-esteem and more.

WEEKLY AND MONTHLY WORKSHOPS are also offered on a variety of parenting issues.

All activities and groups/workshops are **FREE**.

To register for a group, get a schedule of upcoming events, or for more information call the Parent Center at **212.962.0729** from 9 a.m. to 4:30 p.m., Monday through Friday.

Services provided by licensed social workers, and by guest speakers who are experts in their field. The Parent Center is a program of Henry Street Settlement's Neighborhood Resource Center.

The Parent Center
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212.962.0729
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