

The Parent Center

NEIGHBORHOOD
RESOURCE
CENTER



FREE WINTER 2019 Parenting Groups!

All groups are held at:

The Parent Center @ Henry Street Settlement
281 East Broadway, New York, NY 10002

Registration is required. For more information or to RSVP, please contact Rebecca Gerstein, LCSW at **(646)713-2839** and/or RGerstein@HenryStreet.org

Parenting Discoveries (FOR SPANISH SPEAKERS ONLY!)

Start Date: Wednesday January 9, 2019 from 2-3:30 PM

A 6-week group for Spanish speaking parents of children of all ages. Parenting Discoveries includes activities and discussions regarding many different aspects of parenting. Topics may include stress management, self-care, effective discipline techniques, communication skills, behavior management and more. Topics will be tailored according to the needs of the group.

EXPLORANDO SU CRIANZA (SOLO EN ESPAÑOL):

Empieza: Miércoles 9 de enero de 2019 de 2-3: 30 PM

Un grupo de 6 semanas para padres hispanohablantes de niños de todas las edades. Explorando Su Crianza incluye actividades y discusiones sobre muchos aspectos diferentes de la crianza de los hijos. Los temas pueden incluir manejo del estrés, cuidado personal, técnicas efectivas de disciplina, habilidades de comunicación, manejo del comportamiento y más. Los temas se adaptarán a las necesidades del grupo.

Parenting Journey

Start Date: Thursday January 10, 2019 from 11 AM-1 PM

A 12-week strengths-based program for parents of children of all ages. Develop skills that benefit the entire family – learn about the importance of rituals, tradition, self-care and nurture of ourselves and others. Reflect on childhood experiences and develop goals for positive parenting styles that improve relationships with children.

Anger Management for Parents: Tuesday January 15, 2019 from 10-11:30 AM

An 8-week group for parents to help address the emotional, physical and cognitive aspects of anger. This group will help parents identify triggers, establish healthy coping mechanisms for dealing with anger and become models for their children on how to cope with strong negative feelings.

Parenting Discoveries for Young Parents (FOR PARENTS 18-24 YEARS OLD)

Start Date: Monday January 21, 2018 from 1-2:30 PM

A 6-week group for young parents, aged 18-24 years old. Parenting Discoveries includes activities and discussions regarding many different aspects of parenting. Topics may include stress management, self-care, effective discipline techniques, communication skills, behavior management and more. Topics will be tailored according to the needs of the group.