



**HENRY STREET  
SETTLEMENT**

# The Parent Center

## **FREE Winter 2020 Parenting Groups**

All groups are held at:

269 Henry Street, New York, NY 10002

Childcare is not provided. Registration is required.

For more information or to schedule an intake, please contact:

**Victoria Vargas, LCSW at (646)713-2839 and/or [vvargas@HenryStreet.org](mailto:vvargas@HenryStreet.org)**

### **Parenting Journey**

**Start Date: Wednesday, January 8, 2020 from 10:00AM-12:00PM**

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**

**Start Date: Thursday, January 16, 2020 from 10:00AM-11:30AM**

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 Children with Special Needs**

**Start Date: Tuesday, January 21, 2020 from 10:00AM-11:30AM**

**Start Date: Monday, February 17, 2020 from 2:00PM-3:30PM**

A 6-week group that discusses the Special Education and IEP process, ages and stages of child development, management of challenging behaviors, ways to access community resources, advocacy, emotional regulation, and more.

### **Bright Beginnings: Expectant Mothers + Parent and baby (1 - 12month)**

**Start Date: Tuesday, February 18, 2020 from 2:00PM-3:30PM**

Ackerman Institute for the Family 8-week group for expectant mothers. This group will focus on preparing for birth, reflecting upon feelings around pregnancy, developing a positive parenting style, and more. Free baby items will be provided!

### **Parenting Discoveries**

**Start Date: Monday, January 27, 2020 from 10:00AM-11:30AM**

**Start Date: Thursday, February 30, 2020 from 2:00PM-3:30PM**

A 6-week group for parents with children of all ages. Parenting Discoveries includes activities and discussions regarding many different aspects of parenting. Topics may include emotional regulation, effective discipline, techniques, self-care, time management, communication skills, and more.