



**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

Or Carina Baker, LMSW at 646-713-2847/ cbaker@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 24, 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, January 28th, 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 20, 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 emotional regulation, effective discipline, techniques, self-care, time management, communication skills, and more.