



**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.

**PARENTS WITH BABIES** — Familiarize yourself with the developmental needs of your baby (two months and up) 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.

## **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.

## **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** | 281 East Broadway  
New York, NY 10002 | 212.962.0729 | [www.henrystreet.org](http://www.henrystreet.org)