



# EVENTS at the PARENT CENTER

## **Free Fall Parenting Groups!**

*Structured parent and parent/child groups and activities provide parents the education, support and resources needed to strengthen their families.*

All groups are held at the Parent Center, 281 East Broadway, New York, NY

**Registration is required.** For more information or to RSVP, please contact

Tera Gurney at **212.471.2400** and/or [TGurney@henrystreet.org](mailto:TGurney@henrystreet.org)

### **Parenting Children with Special Needs**

**Start Date: 9/9/2016 - Fridays 10:00 AM to 11:30 AM**

A six-week group that discusses the Special Education & IEP process, ages and stages of child development, managing challenging behaviors, accessing community resources & more.

### **Parenting Journey**

**Start Date: 9/22/2016 - Thursdays 11:00 AM to 1:00 PM**

**Start Date: 10/5/2016 - Wednesdays 11:00 AM to 1:00 PM**

\* Participants can choose one cycle to attend.

A twelve-week program for parents designed to increase skills that benefit the entire family. Learn about the importance of rituals and tradition and self-care. Reflect on childhood experiences, and develop goals for a positive parenting style that improves relationships with children.

### **Parenting Journey II**

**Start Date: 10/25/2016 - Tuesdays 11:00 AM to 1:00 PM**

A twelve-week program open to any parents who have already completed the Parenting Journey group. As a continuation, this group allows parents to examine their present life, continue building self-awareness, proactively set goals, and make plans for the future.

### **Bright Beginnings for Expectant Mothers**

**Start Date: 9/26/2016 - Mondays 2:00 PM to 3:30 PM**

Ackerman Institute for the Family eight-week group for expectant mothers focusing on preparing for birth, reflecting upon feelings around pregnancy, developing a positive parenting style, & more.

### **Bright Beginnings for Parent & Baby (2 to 12 months)- MANDARIN ONLY**

**Start Date: 11/4/2016 - Fridays 10:00 AM to 11:30 AM**

Ackerman Institute for the Family six-week group for parents and their infants (2 to 12 months). This group provides education and structured activities for parent/baby to foster healthy attachment and development. This group will be facilitated in Mandarin only. Please contact Helen Sun at 212.471.2400 and/or [HSun@henrystreet.org](mailto:HSun@henrystreet.org) for registration.