



**HENRY STREET
SETTLEMENT**

The Parent Center

FREE June 2020 Parenting Groups

All groups will be held online through ZOOM Video Conferencing. Participants will need to be able to access ZOOM app on their phone, computer, or other device in order to participate. 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 Discoveries

Start Date: Monday, June 1st, 2020 from 10:00 AM - 11:30 AM

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.

Parenting Children with Special Needs

Start Date: Wednesday, June 3rd, 2020 from 10:00 AM - 11:30 AM

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.