



**HENRY STREET  
SETTLEMENT**

# The Parent Center

## FREE JULY / AUGUST 2020 SUPPORT GROUPS

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

Registration is required.

These groups are one-time and open to anyone.

For more information or to register, please contact:

Victoria Vargas, LCSW at (646) 713-2839 and/or [vvargas@HenryStreet.org](mailto:vvargas@HenryStreet.org)  
Or Carina Baker, LMSW at (646) 713-2847 and/or [cbaker@HenryStreet.org](mailto:cbaker@HenryStreet.org)

**Expecting Parents Support Group:** This support group is geared towards parents who are currently expecting 1-child/multiple children. There will be an open-discussion to discuss any parenting challenges as well as to look for support from other parents.

**Tuesday, July 7<sup>th</sup>, 2020 from 2:00 pm – 3:00pm**

**Support Group for DV Survivors:** This support group is geared towards parents who have history of domestic violence. There will be an open-discussion to discuss any parenting challenges as well as to look for support from other parents.

**Tuesday, July 14<sup>th</sup>, 2020 from 2:00 pm – 3:00 pm**

**Support Group for Parents of Teens - Young Adults:** This group is geared towards parents with children of ages between the ages of 13 - 24. There will be an open-discussion to discuss any parenting challenges as well as to look for support from other parents.

**Monday, July 20<sup>th</sup>, 2020 from 2:00 – 3:00 pm**

**Support Group for Fathers:** This group is geared towards all fathers. There will be an open-discussion to discuss any parenting challenges as well as to look for support from other parents.

**Wednesday, July 29<sup>th</sup>, 2020 from 2:00 – 3:00 pm**

**Expecting Parents Support Group:** This support group is geared towards parents who are currently expecting 1-child/multiple children. There will be an open-discussion to discuss any parenting challenges as well as to look for support from other parents.

**Monday, August 3<sup>rd</sup>, 2020 from 2:00 pm – 3:00 pm**

**Support Group for Single Parents:** This support group is geared towards single parents. There will be an open-discussion to discuss any parenting challenges as well as to look for support from other parents.

**Monday, August 10<sup>th</sup>, 2020 from 2:00 pm – 3:00 pm**

**Support Group for Parents of Children with ADHD:** This support group is geared towards parents with children who have ADHD or ADHD related diagnoses. There will be an open-discussion to discuss any parenting challenges as well as to look for support from other parents.

**Wednesday, August 26<sup>th</sup> from 2:00 pm – 3:00 pm**