



## **FREE FALL 2020 PARENTING GROUPS**

All 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.

For more information or to schedule an intake, please contact:

**Carina Baker, LMSW** at (646) 713-2847 and/or [cbaker@HenryStreet.org](mailto:cbaker@HenryStreet.org)

### **Parenting Journey**

Start Date: **Thursday, October 1<sup>st</sup>, 2020 from 10:00 AM - 12:00 PM**

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.

### **Parenting Discoveries**

Start Date: **Tuesday, October 6<sup>th</sup>, 2020 from 10:00 AM - 11:30 AM**

Start Date: **Tuesday, November 24<sup>th</sup>, 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 emotional regulation, effective discipline techniques, self-care, time management, communication skills, and more.

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

Start Date: **Monday, October 19<sup>th</sup>, 2020 from 10:00 AM - 11:30 AM**

Start Date: **Thursday, November 5<sup>th</sup>, 2020 from 2:00 PM - 3:30 PM**

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.

### **Anger Management for Parents**

Start Date: **Wednesday, October 21<sup>st</sup>, 2020 from 10:00 AM - 11:30 AM**

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.

### **Bright Beginnings: Parents with Babies (1 – 12 months)**

Start Date: **Monday, November 23<sup>rd</sup>, 2020 from 2:00 PM - 3:30 PM**

A 6-week group for parents to familiarize themselves with the developmental needs of their baby (1 to 12 months) with this group for parents and children. Learn methods for fostering attachment and for developing communication, socialization, and sensory-motor skills.