



Henry Street Settlement's Parent Center is now offering 1-1 parenting support services for parents of children ages 0-5 in the following areas: Parent Coaching, Brief Psychotherapy and/or Parent-Child Dyadic Therapy. The type of service track and recommended number of private/confidential sessions (8-12) will be determined following a comprehensive biopsychosocial intake assessment. Services are offered in-person, over the phone or via Zoom. All services are FREE. For parents seeking in-person services at The Parent Center, located at 269 Henry Street, NY, NY 10002, parents will need to provide proof of COVID-19 vaccination. A parenting certificate will be provided upon completion of the recommended number of weekly sessions. For more information about how to enroll and/or to refer a parent, please contact the Parent Center at [ParentCenter@henrystreet.org](mailto:ParentCenter@henrystreet.org) or call 212.471.2400 x1831.

**Parent Coaching** has a focus on supporting a parent's improved relationship with his/her child/children and is geared to address a range of parenting issues such as:

- Problems with routines and transitions (morning and night), power struggles, parental anger, effective discipline, social and emotional skills including cooperation, sharing, resilience, frustration tolerance, self-control and more.
- Our staff assist parents with a parenting plan and problem-solving – whether aiming to develop routine sleeping patterns and schedules, age appropriate rules and expectations, parenting children with special needs, and/or helping children reach developmental milestones, our parent coaching track is tailored to meet parents where they are at, in the here and now, with research-informed solution-focused skills and tools to raise healthy and happy children.

**Brief Therapy** is designed to address issues in a parent's background and current situation impacting parenting and a child's capacity to successfully reach developmental milestones. From relationship struggles with the other parent or unique challenges of single parenting, mental health issues such as depression, anxiety and/or traumatic stress, to unresolved family of origin matters, a parent cannot effectively parent if overwhelmed emotionally. Our staff are here to listen, guide and advise in a collaborative manner and to provide emotional support and interventions geared to improve dynamics impacting family functioning.

**Parent-Child Dyadic Therapy** is an attachment-focused therapeutic intervention in which parents and children are treated together in ways that can improve parenting, the parent-child relationship and the child's behavior. Dyadic therapy addresses parental attunement and sensitive responsiveness, and can be especially useful for families impacted by trauma and/or attachment issues complicated by abuse and/or neglect, and especially helpful for children at-risk for insecure attachment and the development of social and emotional problems.