

Helen's House Women's Group Calendar January 2023



January 10th at 1:00 pm- 2:30 pm: Navigating Single Parenting/Co-Parenting

Group topic will cover communication, challenges, advocacy, and setting boundaries. This group invites an understanding that every family navigates this differently and what works for one family may work differently for another.

***Door Prize Raffle Included**

January 17th at 12:00 pm- 1:00 pm: Social Hour (In-Person at Helen's House Playroom)

Open space to talk freely and connect with other parents at Helen's House. No topic, no schedule, no expectations. Children welcome!

January 10th at 1:00 pm- 2:30 pm: Responding to Judgements

How to mindfully manage judgement and criticism from others and self. Conversation around managing anxieties, stress, and practicing self-compassion.

***Door Prize Raffle Included**

January 31st at 12:00 pm- 1:00 pm: Social Hour (In-Person at Helen's House Playroom)

Open space to talk freely and connect with other parents at Helen's House. No topic, no schedule, no expectations. Children welcome!

***Reminders**

- This group is still meeting via zoom once a week due to COVID-19 and accessibility. Zoom link for women's group is listed below.
- If you have any questions, please reach out to Client Care Coordinator, Jesse Farr-Baenziger, (646) 849-6121

Women's Group Zoom Information

Meeting ID: 863 7948 5124

Passcode: 955662