

The Parent Center

NEIGHBORHOOD
RESOURCE
CENTER



FREE FALL 2018 Parenting Groups!

All groups are held at:

The Parent Center @ Henry Street Settlement
281 East Broadway, New York, NY 10002

Registration is required. For more information or to RSVP, please contact
Rebecca Gerstein, LCSW at **(646)713-2839** and/or
RGerstein@HenryStreet.org

Toddler Group

Start Date: Tuesday October 2, 2018 from 10-11 AM

This 6-week structured play group is for parents and their toddlers (16 months to 3 years old). Each week we offer educational activities, and learning through music, movement and art.

Parenting Journey

Start Date: Thursday September 20, 2018 from 2-4 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.

Bright Beginnings: For Parent & Baby (2 to 12 months)

Start Date: Monday October 1, 2018 from 10-11:30 AM

Ackerman Institute for the Family's 6-week group for parents and their babies (2 to 12 months). This group provides education and structured activities for parent/baby to foster healthy attachment, development and school readiness.

Bright Beginnings: Prenatal (FOR EXPECTANT MOTHERS):

Start Date: Monday October 29, 2018 from 2-3:30 PM

Ackerman Institute for the Family 8-week group for expectant mothers. This group will focus on preparing for birth, reflecting upon feelings around pregnancy, developing a positive parenting style, and more!

Parenting Children with Special Needs

Start Date: Wednesday October 31, 2018 from 2:30 PM-4 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, and more.