



Welcome to The FOTM September Newsletter!



Welcome to September!

As we transition into a new season, September offers an opportunity to reflect, reset, and refocus on our goals while embracing fresh beginnings. Whether you are returning to school, establishing new routines, or

continuing your journey toward personal growth and wellness, we are excited to support you every step of the way.

This month, we celebrate resilience, learning, and community connection. We invite you to explore the programs, trainings, resources, and events featured in this newsletter designed to empower families, strengthen communities, and promote overall well-being. Together, we can continue building supportive environments where individuals and families thrive.

Thank you for being part of the Families On The Move community. We look forward to another month of learning, growth, and positive impact.

Wishing you a productive and inspiring September!

September is Suicide Prevention Awareness Month

September is recognized as Suicide Prevention Awareness Month, a time to raise awareness, reduce stigma, and encourage open conversations about mental health.



Suicide affects individuals, families, and communities, but hope and support can make a difference. By checking in with loved ones, learning the warning signs, and promoting access to mental health resources, we can help create a culture of compassion and connection.

Remember, no one has to face life's challenges alone. Together, we can foster understanding, offer support, and remind those who may be struggling that help is available and recovery is possible.

If you or someone you know is in crisis, call or text 988, the Suicide & Crisis Lifeline, for immediate support.

Resources

**SuicidePreventionMonth #YouMatter
#EndTheStigma #HopelsReal
#MentalHealthMatters**

**Labor Day:
Honoring the
Contributions of
Workers**



Each year, Labor Day provides an opportunity to recognize and celebrate the hard work, dedication, and achievements of workers across our nation. Observed on the first Monday in September, Labor Day honors the contributions of individuals who help

build stronger communities, support families, and drive progress every day.

As we celebrate this holiday, let us also take time to rest, recharge, and appreciate the value of work-life balance and personal well-being. Families On The Move extends its gratitude to all workers, volunteers, caregivers, and community partners whose efforts make a positive difference in the lives of others.

Wishing everyone a safe, relaxing, and enjoyable Labor Day!

Celebrating Hispanic Heritage Month

Each year from September 15 through October 15, Hispanic Heritage Month honors the rich cultures, histories, traditions, and contributions of Hispanic and Latino communities throughout the United States.



This observance is a time to recognize the lasting impact of Hispanic Americans in areas such as education, arts, business, science, public service, and community leadership.

At Families On The Move, we celebrate the diversity that strengthens our communities and enriches our shared experiences. We encourage everyone to take this opportunity to learn about Hispanic heritage, support local cultural

events, and appreciate the many contributions that continue to shape our nation. Together, we honor the voices, achievements, and traditions that inspire and connect us all.

Happy Hispanic Heritage Month!



Back-to-School Season Is Here!

A new school year brings exciting opportunities for learning, growth, and new beginnings. As students, families, and educators prepare for the year ahead, it is important to establish healthy routines, set achievable goals, and

create a positive environment for success. Whether your child is starting a new grade, entering a new school, or continuing their educational journey, encouragement and support can help build confidence and resilience.

Families On The Move wishes all students, parents, teachers, and school staff a successful and rewarding school year. Remember that education is a partnership, and together we can help our children thrive both academically and emotionally. Here's to a year filled with learning, achievement, and endless possibilities!

Have a safe, productive, and successful school year!

Resources

September 11 — We Remember

On September 11, we pause to honor and remember the nearly 3,000 lives lost in the terrorist attacks of September 11, 2001. We recognize the families and loved

ones who continue to carry their memory and honor the courage of the first responders, emergency personnel, and everyday citizens who stepped forward during an unimaginable tragedy.

As we reflect on this solemn day, may we remember the strength, compassion, and unity shown in the face of adversity. Let us continue to honor those we lost by fostering kindness, supporting one another, and strengthening our communities.

We remember. We honor. We will never forget.



FOTM In The Community

Astor Youth Explore the Whitney Museum!

The Astor Youth recently enjoyed an exciting day at the Whitney Museum of American Art! Taking advantage of the beautiful weather, the group spent quality time together while exploring art, culture, and one of New York City's iconic destinations.

Throughout the museum, the youth viewed a variety of artworks and discussed what they



saw, what the pieces represented, and how art can reflect history, culture, identity, and important issues in society. They also learned more about the artists and the experiences and inspirations behind their work.

More than just a museum visit, the trip was an opportunity for our youth to learn, connect, explore, and experience New York City together. It was a wonderful day filled with creativity, conversation, discovery, and new experiences!

**Whitney Museum of
American Art**



FOTM

COMMUNITY TRAINING CENTER

Educate. • Equip. • Empower. • Enrich. • Transform.



Circle of SECURITY

8-WEEK PARENTING PROGRAM

Circle of Security is an 8-week parenting program designed for parents or caregivers who have children under 5 years of age in their care.

IN THIS PROGRAM, YOU WILL:

- Learn how to understand your child's emotional needs and read their emotional world.
- Learn how to support your child in managing their emotions successfully and enhance the development of their self-esteem.
- Gain a deeper appreciation for your innate wisdom and desire to see your child grow into a secure and confident individual.

VIRTUAL CLASS

Certificates ISSUED UPON COMPLETION

DATES:
Mondays
October 5, 2026 –
November 30, 2026

CLASS TIME:
10am – 11:30am

REGISTRATION DEADLINE:
Friday, October 2, 2026

REGISTER TODAY!

<https://form.jotform.com/262444989195171>



CONTACT:
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Director of Training & Workforce Development

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347-695-7868

Circle of Security: Supporting Stronger Parent-Child Connections

The FOTM Community Training Center is excited to offer Circle of Security, an 8-week virtual parenting program designed for parents and caregivers of children under 5. This supportive program helps participants better understand their child's emotional needs, strengthen their ability to respond to those needs, and support the development of healthy self-esteem and secure relationships.

Through guided learning and reflection, parents and caregivers will gain practical tools to better understand their child's emotional world while building confidence in their own parenting abilities.

Classes will be held virtually on Mondays, October 5 – November 30, 2026, from 10:00 AM – 11:30 AM. The registration deadline is Friday, October 2, 2026, and certificates are issued upon successful completion of the program.

Space is limited—register today and take the next step toward building a stronger, more secure connection with your child!




PARENTING *Journey 1*

12-WEEK VIRTUAL PROGRAM

The 12-week **Virtual Parenting Journey 1** program aims to boost the self-belief, skills, and emotional strength of parents and caregivers while fostering healthy family relationships. Helps parents explore the connection between how they were parented and how they are raising their children.



DATES: TUESDAYS
October 6, 2026 – December 22, 2026



CLASS TIME
11:00 AM – 1:00 PM



REGISTRATION DEADLINE
Friday, October 2, 2026



CERTIFICATES ISSUED UPON COMPLETION!

REGISTER TODAY!



Scan the QR Code or visit:
<https://form.jotform.com/262444989195171>

CONTACT:



Simone Richards
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347-695-7868



Parenting Journey 1: Building Stronger Families

The FOTM Community Training Center is excited to offer Parenting Journey 1, a 12-week virtual program designed to empower parents and caregivers by strengthening confidence, building parenting skills, and promoting healthy family relationships.

Throughout the program, participants will explore how their own childhood experiences influence the way they parent today while developing greater self-awareness, emotional strength, and tools for creating positive connections with their children.

Parenting Journey 1 will meet virtually on Tuesdays from October 6 through December 22, 2026, from 11:00 AM–1:00 PM. Registration closes Friday, October 2, 2026, and certificates will be issued upon successful completion of the program.

Space is limited—register today and take the next step in your parenting journey!

MANAGING ANGER

ANGER MANAGEMENT TRAINING

Managing Anger is an anger management training that collaborates with participants to identify the root causes of anger, develop, and implement strategies, identify triggers, enhance communication skills to reduce conflict, identify parenting styles, and modify thinking that leads to desired appropriate behavior modification when implemented.

- Identify Triggers**
- Enhance Communication**
- Understand Parenting Styles**
- Change Thinking**
- Achieve Positive Behavior Change**

12-WEEK VIRTUAL CLASS

DATES: Wednesdays
October 7, 2026 – December 23, 2026

CLASS TIME: 11:00 am – 1:00 pm

REGISTRATION DEADLINE:
Friday, October 2, 2026

CERTIFICATES ISSUED UPON COMPLETION

REGISTER TODAY!

REGISTER ONLINE:
<https://form.jotform.com/262444989195171>

CONTACT:
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Director of Training & Workforce Development

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PHONE:
347-695-7868

Managing Anger: Building Skills for Positive Change

Our 12-week virtual Managing Anger program helps participants better understand the root causes of anger while developing practical tools for healthier responses. Through guided discussions and skill-building activities, participants learn to identify triggers, strengthen communication, reduce conflict, understand parenting styles, change unhelpful thinking patterns, and work toward positive behavior change.

Classes are held virtually on Wednesdays from October 7 through December 23, 2026, from 11:00 AM–1:00 PM. Participants who successfully complete the program will receive a certificate of completion.

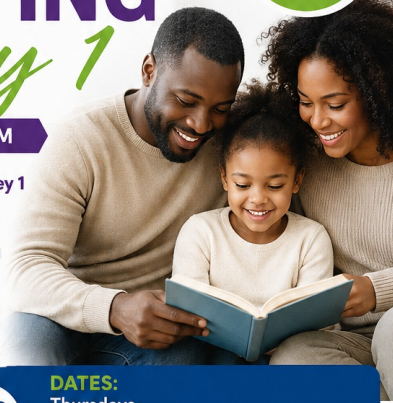
Space is limited; register today!



PARENTING Journey 1

12-WEEK VIRTUAL PROGRAM

The 12-week **Virtual Parenting Journey 1** program aims to boost the self-belief, skills, and emotional strength of parents and caregivers while fostering healthy family relationships. Helps parents explore the connection between how they were parented and how they are raising their children.



VIRTUAL CLASS

DATES: Thursdays, October 8, 2026 – January 21, 2027
TIME: 11:00 AM – 1:00 PM

REGISTRATION DEADLINE: Friday, October 2, 2026

REGISTER TODAY!
<https://form.jotform.com/262444989195171>
 OR SCAN THE QR CODE



CERTIFICATES ISSUED UPON COMPLETION!

CONTACT

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Empowering parents. Strengthening families. Building a stronger community.



Parenting Journey 1: Empowering Parents, Strengthening Families

The FOTM Community Training Center is excited to offer Parenting Journey 1, a 12-week virtual program designed to strengthen parents' and caregivers' confidence, skills, and emotional resilience. Participants will explore how their own childhood experiences influence their parenting today while learning strategies to build healthier, stronger family relationships.

Classes will meet Thursdays, October 8, 2026 through January 21, 2027, from 11:00 AM-1:00 PM. The registration deadline is Friday, October 2, 2026, and certificates will be issued upon successful completion.

Space is limited—register today and take the next step in your parenting journey!



FOTM

Families On The Move of New York City, Inc. (FOTM)

Yesterday, Today, Tomorrow...Families On The Move.

Closing Out September With Connection, Awareness & Growth

As September moves us into a new season, we are reminded that it is a month filled with opportunities to learn, reflect, celebrate, and support one another.

Back-to-School season brings fresh beginnings for children, families, educators, and communities as we embrace another year of learning and growth.

Labor Day gives us an opportunity to recognize the dedication and contributions of workers who strengthen our families and communities every day.

Suicide Prevention Awareness Month reminds us of the importance of compassion, connection, and checking in on those around us. A conversation, a listening ear, or simply reminding someone that they matter can make a meaningful difference.

Hispanic Heritage Month begins September 15, providing an opportunity to honor and celebrate the rich cultures, histories, traditions, and contributions of Hispanic and Latino communities.

At the FOTM Community Training Center, we are also preparing for another season of learning and empowerment. Our upcoming Parenting and Anger Management classes provide participants with supportive spaces to strengthen relationships, build practical skills, improve communication, and create positive change for themselves and their families.

As we head into fall, we encourage everyone to continue making space for learning, understanding, connection, and personal growth.

Here's to a September filled with new beginnings, stronger families, greater awareness, and empowered communities.

**Kind regards,
Families On The Move of New York City, Inc.**



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