



FOTM
COMMUNITY TRAINING CENTER
Educate. • Equip. • Empower. • Enrich. • Transform.



Emotional Fitness

*Stronger Parents. Stronger Families.
Brighter Futures.* 



**2 HOURS
PER WEEK**

A 12-WEEK VIRTUAL PARENTING CLASS

**Designed for parents of children
with special needs**

Parenting a child with special needs comes with unique challenges. This class provides knowledge, tools, and support to help you better understand your child and navigate their emotional, behavioral, and learning journeys with confidence.



DATES

September 14, 2026 –
December 7, 2026



TIME

11:30 AM – 1:30 PM
(2 HOURS PER WEEK)



**WHERE
VIRTUAL**

IN THIS CLASS, YOU WILL LEARN TO:



Understand Autism

Gain a deeper understanding of autism and how it impacts behavior, communication, and learning.



Navigate School Struggles

Help your child overcome challenges related to learning disabilities and advocate effectively within the school system.



Explore Mood Disorders

Examine mood disorders, their symptoms, and evidence-based treatments.



Support Your Child

Learn practical strategies parents and caregivers can use to support emotional well-being at home and in the community.



Understand Diagnosis & Treatment

Learn who can formally diagnose a child, how disorders are diagnosed, and the range of treatment options available.



VIRTUAL & CONVENIENT

Join from the comfort of your home from anywhere.



12 WEEK PROGRAM

12 weeks of learning, support, and practical tools.



SUPPORTIVE COMMUNITY

Connect with other parents who understand and share similar experiences.



EVIDENCE-BASED APPROACH

Rooted in cognitive behavioral therapies (CBT) and best practices for all ages.



REGISTER TODAY!

Space is limited.
Secure your spot now!

REGISTER USING LINK:

<https://form.jotform.com/262045363684157>



REGISTRATION DEADLINE:

Thursday, September 10, 2026

Don't wait—register today!



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