



## 12-Week Virtual Emotional Fitness Parenting Class

**Program Dates: Wednesdays**

**September 17, 2025 – December 10, 2025**

**Time: 12:00 pm – 2:00 pm**

**Registration Deadline: Friday, September 12, 2025**

*Emotional Fitness is a 12-week parenting class for parents or caregivers of children with Autism, ADHD, or other behavior and mood disorders*

**For registration: <https://form.jotform.com/252254400202136>**

**Or scan the QR code:**



**For more information, please contact  
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Email: [training@fotmnyc.org](mailto:training@fotmnyc.org)**



**FOTM**

Families On The Move of New York City, Inc. (FOTM)  
*Yesterday, Today, Tomorrow...Families On The Move.*

Understand the Autism  
Spectrum

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Examine mood  
disorders, their  
symptoms, and  
treatments

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Better understand a  
child who is struggling in  
school

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Receive support,  
feedback, and  
resources

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Certificates provided  
upon completion

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Virtual classes via ZOOM

FAMILIES ON THE MOVE OF NEW  
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