

## Training the Community & Agencies in:

- Youth Mental Health First Aid
- Mental Health First Aid
- Parenting Journey 1
- Parenting Journey 2
- Anger Management Program
- Just The Basics - Family/Youth Advocate Training
- Certificates are given upon completion of all trainings and classes
- Referrals & Linkage to Services
- Develop trainings to meet the specific needs of your program

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

### **Families On The Move New York City, Inc.**

358 St. Marks Place, Suite 302  
Staten Island NY, 10301  
(347) 682-4870  
9am - 5pm

## CONTACT US

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### Register for Trainings/Classes:

(347) 695-7868

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Families On The Move of New York City, Inc. is a Chapter of Families Together of NYS and Federation of Families for Children's Mental Health



# FAMILIES ON THE MOVE OF NEW YORK CITY, INC.

FOTM  
Community Training Center



## TRAININGS

**Youth Mental First Aid**  
8 Hour Training (CEU's Provided)

**Mental Health First Aid**  
8 Hour Training (CEU's Provided)

**Just the Basics**  
3 Day Training



## CLASSES

### **Anger Management**

12 session anger management program to assist those challenged with managing anger, identifying triggers, developing coping strategies, and resolving conflicts effectively in a manner that is not harmful to them-selves or others.

### **Circle of Security Parenting Series**

8 session parenting series for parents or caregivers with children in their care under 5 years of age. Understand your child's emotional world by learning to read the emotional needs.

### **Emotional Fitness**

12 session parenting class for parents of children with special needs such as Autism, ADHD and other behavior and mood disorders.

### **Parenting Journey 1**

The 12-week Parenting Journey program aims to boost the self-belief, skills, and emotional strength of parents and caregivers while fostering healthy family relationships.

### **Parenting Journey 2**

Parenting Journey 2 picks up where Parenting Journey 1 left off by redirecting focus from past experiences of being parented and examining parent's lives in the "here and now" while moving them toward the future via goal setting and achievement.

### **Domestic Violence and Abuse Awareness (Offered Quarterly)**

12 session training for domestic violence victims to identify domestic violence, break the cycle of domestic violence, develop safety plans, and offer supports and resources.

**Families On The Move of New York City, Inc. (FOTM)** offers several trainings in the areas of advocacy, family and youth engagement, strengthening families, substance abuse prevention, mental health and other preventive services.

Family driven and youth focused, the trainings are designed to enhance advocacy skills, build better partnerships and collaborative relationships between family members, youth and providers. It also focuses on strengthening the skills of parents/ caregivers of children who have emotional, mental health, substance use, and or behavioral challenges.



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