

12-Week Virtual Emotional Fitness Parenting Class

Program Dates: Wednesdays

February 11, 2026 – April 29, 2026

Time: 12:30 pm – 2:30pm

Referral Deadline: Friday, February 6, 2026

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

Submit Referrals Below:

<https://form.jotform.com/260065478228158>

Or scan the QR code:



Understand the Autism Spectrum

Examine mood disorders, their symptoms, and treatments

Better understand a child who is struggling in school

Receive support, feedback, and resources

Certificates provided upon completion

Virtual classes via ZOOM

**For more information, please contact
Simone Richards, Training Manager
Phone (347) 695-7868
Email: training@fotmnyc.org**

Families On The Move of New York City, Inc.



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