

# 12- Week Virtual Parenting Journey 1

**Program Dates: Thursdays**

**February 12, 2026 – April 30, 2026**

**Time: 1:00 pm – 3:00 pm**

**Referral Deadline: Friday, February 6, 2026**

**Parenting Journey helps parents explore the connection between how they were parented and how they are raising their children while also promoting their own self-care strategies**

**Submit Referrals Below:**

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

**Or scan the QR code:**



**Increase your ability to nurture yourself and your children.**

**Build greater trust, empathy, and honesty.**

**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](mailto:training@fotmnyc.org)**

Families On The Move of New York City, Inc.

358 St. Marks Place  
Suite 302  
Staten Island, NY 10301  
(347) 682-4870  
[www.fotmnyc.org](http://www.fotmnyc.org)