

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

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Families On The Move of New York City, Inc.



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Parenting Journey