



FOTM

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

Yesterday, Today, Tomorrow...Families On The Move.

FOTM COMMUNITY TRAINING CENTER

Empowering Families. Strengthening Communities.
Building Brighter Tomorrows.



Learn.
Connect.
Empower.
Advocate.



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.

★ ★ ★ OUR TRAINING CLASSES ★ ★ ★



PARENTING JOURNEY 1



CIRCLE OF SECURITY



DOMESTIC VIOLENCE AND ABUSE AWARENESS



EMOTIONAL FITNESS PARENTING
For Parents of Children with Special Needs



ANGER MANAGEMENT



MENTAL HEALTH FIRST AID



YOUTH MENTAL HEALTH FIRST AID



JUST THE BASICS ADVOCATE TRAINING



TOGETHER, WE CAN MAKE A DIFFERENCE—ONE FAMILY, ONE YOUTH, ONE COMMUNITY AT A TIME.

Learn. Connect. Empower. Advocate.

Join us and be part of the movement!



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