



Welcome to The FOTM January 2026 Newsletter!



Happy New Year!

As we step into 2026, January brings a fresh start filled with opportunities to learn, grow, and achieve together. This is the perfect time to reflect on the successes of the past year and set inspiring goals for the months ahead. Let's embrace this new chapter with energy, optimism, and a commitment to making this year our best yet!

Celebrating Our Team at the FOTM Holiday Luncheon

This holiday season, FOTM honored our incredible staff with a festive appreciation

luncheon at Patrick's Steakhouse in Brooklyn, NY. It was a wonderful opportunity to come together, share laughter, and celebrate the hard work and dedication that make our mission possible. Thank you to everyone who joined us and helped make the event a memorable occasion!



6 TIPS TO IMPROVE YOUR MENTAL HEALTH



Stay physically active



Surround yourself with positive people



Take time to unwind and relax



Talk to people you trust



Get quality sleep



Eat healthy, nutritious food

@reallygreatsite

Prioritizing Mental Health in 2026

As we welcome the new year, it's important to remember that mental well-being is just as vital as physical health. Setting aside time for self-care, practicing mindfulness, and seeking support when needed can help us navigate challenges and embrace opportunities with resilience. Let's make mental health a priority this year—because a healthy mind is the foundation for a successful and fulfilling life.

Honoring the Legacy of Dr. Martin Luther King Jr.

As we observe Martin Luther King Jr. Day, we reflect on his enduring message of equality, justice, and service. Dr. King's vision reminds us that progress begins with each of us—through acts of kindness, advocacy, and community engagement. Let's take this day to honor his legacy by recommitting ourselves to building a world rooted in compassion and unity.



FOTM In The Community

FOTM Spreads Holiday Cheer Across the Five Boroughs

During the Thanksgiving and holiday season, FOTM proudly partnered with Rich's Brew to provide hot meals and essential food items to families in need throughout New York City's five boroughs. This initiative reflects our commitment to supporting local communities and ensuring that everyone can share in the warmth and joy of the season. Thank you to all who contributed to making this effort possible! [Rich's Brew](#)



FOTM Community Training Center

Upcoming Virtual Classes – Starting

February 2026

We're excited to announce a new season of virtual classes beginning in February 2026! Whether you're looking to strengthen your parenting skills, explore emotional wellness, or build safer relationships, our offerings are designed to support your journey with compassion and expertise.



12 – Week Anger Management

PROGRAM DATES: TUESDAYS
FEBRUARY 10, 2026 – APRIL 28, 2026
TIME: 12:00 PM – 2:00 PM

REFERRAL DEADLINE:
FRIDAY, FEBRUARY 6, 2026

Managing Anger is designed to identify the root causes of anger, learn specific strategies to manage anger, and how to communicate better

SUBMIT REFERRALS BELOW:
[HTTPS://FORM.JOTFORM.COM/260065478228158](https://form.jotform.com/260065478228158)
OR SCAN THE QR CODE:



Learn to manage anger

Develop and strengthen skills for self-control over thoughts and actions

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. (FOTM)
Yesterday, Today, Tomorrow...Families On The Move.

Families On The Move of New York City, Inc.
358 St. Marks Place
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Staten Island, NY 10301
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Anger Management

Learn practical tools to manage anger, reduce stress, and improve communication. This course is ideal for anyone seeking healthier ways to cope with intense emotions and build more peaceful relationships.

[Register Here](#)

Emotional Fitness

This specialized

parenting class is designed to support parents of children with autism and behavioral disorders. The program focuses on practical strategies for managing challenging behaviors, improving communication, and fostering emotional resilience for both parents and children.

[Register Here](#)

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@fotmny.org



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Parenting Journey 1 - Thursday

A foundational course for parents seeking deeper self-awareness and connection. Through guided reflection and group support, you'll explore your own parenting style, family history, and goals for raising emotionally healthy children.

[Register Here](#)

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

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Now Hiring Family & Youth Advocates — Be the Voice That Makes a Difference!



per week

RFK PS 169M:

FOTM Current Vacancies:

NYCCC Queens:

1 FT PFA

2 FT PYA

NYCCC Bronx (Waters Place)

1 CAS PYA @ 14 hours

To apply send a cover letter and resume to hr@fotmnyc.org

FOTM Employee Referral Program

Do you know someone who would be a great addition to our team? We want to hear from you!

Here's how it works:

Refer a qualified candidate for an open position.

If your referral is hired and remains employed for at least 6 months, you will receive a \$50 gift card as a thank-you for helping us grow our team.



How to submit a referral:

Send the candidate's resume and contact information to hr@fotmnyc.org
Be sure to note that you are making a referral so you can receive credit.

Help us build a stronger team while earning rewards!

Welcoming the New Year with Hope and Wellness

As we settle into the start of a new year, we hope this January brings you renewed energy, inspiration, and a sense of possibility. This month, we honor the legacy of Dr. Martin Luther King Jr., whose commitment to service, justice, and community reminds us of the power we each hold to uplift one another. His words continue to guide



HAPPY NEW YEAR!

THE BEST IS YET TO COME...

us as we work toward creating supportive, compassionate spaces for every family and young person.

Entering 2026, we also encourage everyone to take intentional steps toward maintaining mental wellness. Whether it's setting healthy boundaries, reconnecting with supportive people, practicing self-care, or seeking help when needed—small, consistent actions can make a meaningful difference. Caring for ourselves enables us to

better care for others.

Thank you for being part of our community. We look forward to continuing this journey with you throughout the year.

Wishing you peace, strength, and wellness in the weeks ahead.

Kind regards,
Families On The Move of New York City, Inc.



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