

12- Week Virtual Parenting Journey 1

**Program Dates: Thursdays
January 15, 2026 – April 2, 2026**

Time: 11:00am – 1:00pm

Registration Deadline: Friday, January 9, 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

For Registration:

<https://form.jotform.com/253014887809163>

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**

Families On The Move of New York City, Inc.



FOTM

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

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

**Parenting
Journey**