



FOTM

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

PROGRAM DATES: Tuesdays
March 26, 2024 - June 11, 2024

PROGRAM TIME: 11:00am - 1:00pm

PROGRAM DURATION:
2 hours a week for 12 weeks

PROGRAM LOCATION:
Virtual via ZOOM

For Registration or Information:
Simone Richards, Training Manager
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PARENTING JOURNEY I

Parenting Journey is open to everyone. No matter where you are from, no matter what your background, you are welcome. We work with mothers, fathers, and caregivers from all walks of life who are raising children of all ages.

PARENTING JOURNEY | PROGRAM

In Parenting Journey I, a small group of parents and caregivers meet for 2 hours a week for 12 weeks.

The program is experiential, which means you learn by doing—and it's fun. Through a combination

of hands-on activities and guided discussions, you will develop knowledge and skills that support you as a parent and role model. By reflecting on your own childhood, you will be able to choose what kind of parent you want to be and create your own style of parenting—one that reflects your personal vision and values.

WHAT'S IN IT FOR YOU

In a supportive setting, we will work with you to uncover your inner strengths and help you achieve your goals.

- Identify your strengths and increase your resiliency.
- Learn to tackle everyday stressors and challenging situations.
- Build community and increase your support network.
- Become more confident and optimistic about achieving personal goals.
- Increase your ability to nurture yourself and your children.
- Build greater trust, empathy, and honesty.
- Learn about local resources available to you.



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