



## 12-Week Virtual Parenting Journey I

**Program Dates: Thursdays**

**August 28, 2025 – November 20, 2025**

**Time: 11:00 am – 1:00 pm**

**Registration Deadline: Friday, August 15, 2025**

*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/251034648569161>**



**Or scan the QR code:**

**For more information, please contact**

**Simone Richards, Training Manager (347) 695-7868**

**Email: [institute@fotmnyc.org](mailto:institute@fotmnyc.org)**

Increase your ability  
to nurture yourself  
and your children.

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Build greater trust,  
empathy, and  
honesty.

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Receive support,  
feedback, and  
resources

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Certificates provided  
upon completion

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Virtual classes via  
ZOOM

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