



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

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Email: training@fotmnyc.org

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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