

## Training the Community & Agencies in:

- Youth Mental Health First Aid
- Mental Health First Aid
- Peer Recovery Coach (PRC)
- Parenting Program
- Anger Management Program
- Creating A Welcoming Experience
- Respite Training
- Just The Basics Behavioral Health Systems Navigation & Advocacy Training
- Certificates are given upon completion of all trainings and classes
- Referrals & Linkage to Services
- Develop trainings to meet the specific needs of your program

**\* For more information, please contact:**  
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### **Families On The Move New York City, Inc.**

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(347) 682-4870  
9am - 5pm

## CONTACT US

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### Register for Trainings/Classes:

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Families On The Move of New York City, Inc. is a Chapter of Families Together of NYS and Federation of Families for Children's Mental Health



# FAMILIES ON THE MOVE OF NEW YORK CITY, INC.

## Training Institute



**Families On The Move of New York City, Inc.** (FOTM) offers several trainings in the areas of advocacy, family and youth engagement, strengthening families, substance abuse prevention, mental health and other preventive services.

Family driven and youth focused, the trainings are designed to enhance advocacy skills, build better partnerships and collaborative relationships between family members, youth and providers. It also focuses on strengthening the skills of parents/ caregivers of children who have emotional, mental health, substance use, and or behavioral challenges.



**FOTM**

Families On The Move of NYC, Inc.

## TRAININGS

### **Strengthening Multi-Ethnic Families Parenting Program**

12 - 14 Weeks

### **Anger Management**

8 - 13 Weeks

### **Circle of Security Parenting Series**

8 Weeks

### **Youth Mental First Aid**

8 Hour Training (CEU's Provided)

### **Mental Health First Aid**

8 Hour Training (CEU's Provided)

### **Peer Recovery Coach**

5 day Training (CEU's Provided)

### **Respite Training**

1 Day Training

### **Creating a Welcoming Experience**

1 Day Training

### **Just the Basics**

3 Day Training

## CLASSES

### **Parenting**

12 -14 sessions Parenting Program with a focus on mental health, violence pre-vention, and substance use prevention that integrates culture into intervention strategies.

### **Anger Management**

8 - 13 sessions Anger Management Program to assist those challenged with managing anger, identifying triggers, developing coping strategies, and resolving conflicts effectively in a manner that is not harmful to themselves or others.

### **Circle of Security Parenting Series**

8 sessions Parenting Series for parents and caregivers of children in their care under 5 years of age.