

EMPOWERED PARENTS SERIES

FREE WORKSHOPS TO HELP SUPPORT
AND EDUCATE PARENTS & CAREGIVERS



**Scan QR Code to Access Parent Support Zoom Link,
Every Thursday at 6:30 pm EST**

SCAN ME



Support For Early Childhood Parents

First Thursday of the Month

Join our Early Childhood Parent Support Group: Share experiences, gain insights, and navigate the beginning of your child's schooling journey together with guidance, laughter, and friendship.

Bereavement Support Group

Second Thursday of the Month

Discover warmth and understanding in our bereavement support sessions—a compassionate space to share, heal, and find strength with professionals and peers. Join us on your journey to healing.

Support for Families Of Those With Disabilities

Third Thursday of the Month

Connect with a compassionate community prioritizing unique abilities—find support, resources, and understanding for the diverse needs of families with special needs.

Support for Parents of Adolescents (Ages 13-18)

Fourth Thursday of the Month

Navigating teen years is an adjustment in the parent journey - you are not alone. This support group offers a safe space to connect. Join this support group to meet other parents and gain practical advice on staying connected with your teen

WANT TO LEARN MORE?

Contact 718-241-3000 ext 129 or socialservices@thehes.org