

EMPOWERED PARENTS SERIES

FREE WORKSHOPS TO HELP SUPPORT
AND EDUCATE PARENTS & CAREGIVERS



SUPPORT GROUPS EVERY THURSDAY FROM 6:30-7:30 pm VIA ZOOM

Scan QR Code to Sign up

SCAN ME



Bereavement Support Group

First 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 1st Time Parents

Second Thursday of the Month

Join our First-Time Parents Support Group: Share experiences, gain insights, and navigate parenthood together with guidance, laughter, and friendship.

Support for Families Of Those With Special Needs

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 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