

PATHWAYS TO EMPOWERMENT

OCTOBER 9, 2025 - MAY 21, 2026

GROUPS MEET THURSDAY FROM 6:30 PM -7:30 PM

Join us for a series of welcoming support groups designed to uplift, connect, and empower. Our three unique groups offer a safe space for open conversations, meaningful connections, and shared resources to support you on your personal journey.



It Takes A Village: Supporting Parents Through the Journey

First Thursday of the Month

Join a warm and welcoming space to connect with fellow parents! Share experiences, build meaningful relationships, and support each other through the joys and challenges of parenting.



Journey Through Grief: Pathway to Healing

Second Thursday of the Month

A compassionate space to share, heal, and find strength with professionals and peers. Join us on your journey to healing.



Navigating the Journey: Supporting 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 disabilities.



Scan QR Code to
Access Parent
Support Webpage

WANT TO LEARN MORE?

Contact 718-241-3000 ext 135 or
socialservices@thehes.org