



**FAMILY
HEALTH
CENTERS**
AT NYU LANGONE



Are you the parent or caregiver of a baby under one year of age? Join our family group!

Build community and feel supported by connecting and sharing experiences with other parents and caregivers

Reduce stress by learning strategies to help manage your feelings

Balance the demands of parenthood by learning new skills

Who: Parents and caregivers with babies under one year of age

Where: Virtual

When: The next group will begin soon!!

Scan this QR code so
we can contact you!



Contact: Call 347-266-7987 or ParentsTogether@nyulangone.org