Fall Parenting Groups

All parents benefit from learning new skills, sharing experiences and exploring challenges! Join us! During the Fall semester, we will meet as a virtual community, for the safety of all. We hope to welcome children as the year unfolds. A zoom link will be sent the week before the class begins. Registration is required for the entire semester.

To learn more and register, please visit us online at emanuelnyc.org/youngfamilies. Direct all questions to Marni Turner-Serbin at mturner-serbin@emanuelnyc.org. To have your name placed on a waiting list for a sold-out class, call 212-507-9515.

New Parents Group
For parents of children up to 12 months
Mondays; Sept. 14-Dec. 14 | 10:45-11:45 AM via Zoom
There is no bigger change in life than the experience of becoming a parent. With the abundance of joy that new babies bring to our lives, there are also challenges! In our time together, we will discuss expectations as a new parent, understanding your baby’s cues, changes in lifestyle and relationships since becoming a new parent, balancing personal and professional options; temperament and play, as well as topics that parents bring to the table.

Parenting Toddlers Group
For parents of children 12-21 months old
Mondays; Sept. 14-Dec. 14 | 9:15-10:15 AM via Zoom
Come explore helpful parenting skills with Dr. Juliet Cooper, such as negotiating family roles, effective co-parenting, establishing positive and consistent routines, incorporating Jewish ritual into your family life and finding a healthy balance as a parent.

Working Moms Group
For parents with children up to 5 years old
Sep.-Dec. Second Fridays | 12:30-1:30 PM via Zoom
Working Moms seem to do it all – or at least, they are expected to! Dr. Juliet Cooper will help you manage professional responsibilities along with those colleagues who don’t understand the realities of being a mother; navigate the world of co-parenting; deal with “mom guilt;” build a community with other working moms and families.

Growing Families Group
For parents of siblings
Sep.-Dec. Second Fridays | 11:00-11:55 AM via Zoom
Join us for an exciting new group for parents who have recently welcomed a second or third child. Dr. Juliet Cooper will help guide you through shifting family dynamics and issues that arise in sibling relationships.
Join us to celebrate Shabbat and holidays — and music! All attendees must register in advance by emailing youngfamilies@emanuelnyc.org. Direct all questions to Marni Turner-Serbin at mturner-serbin@emanuelnyc.org.

**Baby Bop**
For children 6 to 30 months old
Tuesdays; Sept. 22-Dec. 8 | 4:00 PM (45 minutes) via Zoom
Join Early Childhood Educator Hadar Orshalimy as she introduces the Jewish holidays, Hebrew words and movement through music and art. You may register for the entire series or one session.

**Young Families Shabbat**
For all Young Families
Fridays: Oct. 16, Nov. 20, Dec. 4 | 4:00 PM (30 minutes) via Zoom
Young Families Shabbat is created just for preschool and nursery school-aged students and their families. Join Rabbi Amy Ehrlich and Hadar Orshalimy to share joyful music and meaningful rituals in your growing family's life. Over Zoom, we encourage your active participation in the chat box to make every interaction feel personal. Those who wish to may also turn on their camera and share in lighting candles together to welcome Shabbat. Be sure to invite grandparents and other loved ones to join us!

**Fall Holiday Celebrations**
For all Young Families
9:30 AM (30 minutes) via Zoom
**Sukkot | Sunday, Oct. 4**
Sukkot celebrates nature and gratitude! Join us online as we count our blessings, sing and tell a story and decorate our homes with beauty!

**Hanukkah | Sunday, Dec. 13**
Hanukkah isn’t only about candles and chocolate gelt. It’s about heroes who save the day — and being proud to be Jewish! Join us for songs and a candle lighting. Parents, you’ll want to have some “model magic” available so your child can make a Menorah along with us!

See reverse for our Fall Parenting Group schedule.