

The YCS Institute is offering 4 unique interactive parenting ‘Baby Steps’ programs to support new moms/caregivers and their babies this September

YCS Baby Steps Programs give parents a safe place to address all their concerns with specially-trained infant and early childhood mental health therapists as they build nurturing relationships with their babies and children under 3.

**All of the programs will be held at the YCS Institute
60 Evergreen Place, East Orange NJ, 10th Floor**

Choose the program that is right for you

Circle of Security (COS) Program: is an internationally acclaimed program designed to help parents raise their children with love, warmth, and emotional intelligence. Moms meet weekly for a hour-and-a-half to reflect on their relationship with their children through discussion and a short video. Babies 6 months or younger are welcome. Qualified participants will receive a certificate upon completing the program. This class is offered 3 times a year in March, June & September. **First session begins Tuesday, September 10th from 1:30-3 pm. Spanish Group begins October 2nd, from 2:00-3:30pm.**



Parenting Support Group: This hour-and-a-half weekly group provides a place for caregivers to gather with their babies and toddlers to build their community of parent friends. A therapist is on hand to answer general questions and facilitate the group discussion. You are welcome to join at any time.
Beginning Tuesday, September 24th from 3:30-5 pm.

Parenting 101 Program: Learn hands-on parenting skills that include soothing your baby, bonding, development, safety, and more through fun activities like music, movement and crafts. Moms are encouraged to build their own support networks with other class members. You can receive a letter of acknowledgment for group participation. The 6 month program, for moms with babies 12 months and younger, runs weekly for 90 minutes. You can join at the start of each new topic.
Beginning Wednesday, October 16th from 2:15-3:45 pm.



Baby Steps Groups: This weekly hour-and-a-half parenting group provides a space for caregivers and children to bond with their children (under the age of 3) through music, movement and art projects. The group leaders support caregivers in reflecting on their own parenting practices and their child's development through group discussion that are mixed in with engaging group activities. You are welcome to join at any time. **Beginning Monday, November 4th from 3:30-5 pm.**

Cost: Medicaid accepted; please contact us if you have private insurance
Please sign-up early - program availability is based on community interest

Before joining a group, a brief intake appointment is required to ensure we provide you the best group experience.



For more information and to sign-up, please contact
Dr. Leslie Lester lester@ycs.org
973-395-5500, x462

Para hablar con alguien en español llame al: Jose Nieves 973-395-5500, x310

The YCS Baby Steps programs are generously funded by:
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