

# REGISTER TO JOIN A FREE GROUP

*Two Monday groups  
starting Aug. 10, each  
lasting five weeks.  
Click to select one:*

## **Mondays 1 pm - 2:15 pm:**

[https://zoom.us/join/zoom/register/tJUtc-urpzlvHNJtc3ZC3BXU7v\\_hD\\_kiHugX](https://zoom.us/join/zoom/register/tJUtc-urpzlvHNJtc3ZC3BXU7v_hD_kiHugX)

## **Mondays 7 pm - 8:15 pm:**

[https://zoom.us/join/zoom/register/tJwvfuuvr-DMpHtN\\_zixlA\\_EUB2stVAaUwUq8](https://zoom.us/join/zoom/register/tJwvfuuvr-DMpHtN_zixlA_EUB2stVAaUwUq8)

*Groups limited to 15 people.  
First to register, first admitted.  
A waiting list will be created  
for later groups.*

*Group leaders are available  
for individual therapy sessions  
by appointment*

*Email: [therapy@hfi.nyc](mailto:therapy@hfi.nyc)*



**the harlem family institute**  
a multicultural psychoanalytic training institute

## **Support Groups:**

# Parenting Under Covid-19

If you are struggling with parenting amid Covid-19, our compassionate Harlem psychoanalysts in training, Adrienne, Daseta & others, are offering free Support Groups to all caregivers, whether you are parents, grandparents, foster-care parents or aunts and uncles.

The groups will explore different ways of coping and self-care under stressful conditions.

The Institute, which trains people to become psychoanalysts, has been helping families in Harlem and Washington Heights for about 30 years.

Currently we are working only online, due to Covid-19.

But we have community therapy sites at:

**Fresh Oils Ministries** on St. Nicholas Ave. between 118<sup>th</sup> & 119<sup>th</sup> streets in Harlem, and the

**Franciscan Community Center** on West 97<sup>th</sup> Street near the 1-2-3-line subway stop at 96<sup>th</sup> Street.

**Website:** [www.hfi.nyc](http://www.hfi.nyc)

## **What is the Harlem Family Institute?**

The Harlem Family Institute (HFI) is a diversity-sensitive institute that educates tomorrow's psychoanalysts through work with multi-ethnic communities. We operate low-fee adult and parent-child psychotherapy centers in schools, community centers and houses of worship in the upper Manhattan area, where we train our psychoanalytic candidates.

We grew out of a small psychotherapy program established in the 1980s to help children at the Children's Storefront school on East 129th Street. Founding Trustees included **Dr. Margaret Morgan Lawrence**, the nation's first African American woman pediatrician and psychoanalyst.

If you want to become a psychoanalyst and hold a Master's degree, please contact us. The Institute has more than 60 faculty members from many of the city's major psychoanalytic institutes, drawn by our mission. HFI also offers supervised clinical-experience programs for LMSWs, students in graduate programs in psychology and graduates in other mental-health fields.