

Resources

Parent Groups: these are New York-based organizations I've connected with. For recommendations near you, feel free to email me, and I'll see if I can help!

Social City: <https://www.socialcitynyc.com/about>

Social City is offering support groups for parents (you do not need to be a Social City parent to join), on Tuesday July 28th & Wednesday August 19th from 7 - 8pm.

- *Topic for Tuesday, July 28 - Helping to navigate & cope with feelings surrounding the pandemic and associated changes.*
- **Topic for Wednesday, August 19** - *Approaching the unknown: an uncertain school year, managing work and childcare, and supporting your children.*

Cost: \$30 per session

Groups will be facilitated by Julia Rutkovsky, LMSW, who will be guiding the discussion as well as answering questions and providing feedback.

Feel free to pass this information and the attached flyer along to anyone who may be interested!

Email SocialCity@socialcitynyc.com with any questions and to sign up.

Cope with Schools NYC

Virtual parenting group starting this fall

<https://www.copewithschoolnyc.com/parent-counseling/>

Child and Family Institute

Virtual parent support and behavior support group

www.childfamilyinstitute.com

New Frontiers in Learning

www.nfil.net

Parent Forum: "Parent Forum: Please join us every Thursday @ 5:30pm EST with any questions, comments, or concerns."

You can register here: <https://attendee.gotowebinar.com/rt/2517071693600938254>, and will receive a confirmation email containing information about joining the webinar

Tech Kids Unlimited

www.techkindsunlimited.org

Parent Workshops 1-2 Thursdays/ month. Topics vary. Tailored to parents of youth with ASD. I run a free virtual "parent share" once per month here as well!

Video Resources

Breathing Exercise:

<https://www.youtube.com/watch?v=0Ua9bOsZTYg> (laying down)

or

<https://www.youtube.com/watch?v=52qgs9MhGbQ> (sitting/ standing)

Progressive Muscle Relaxation

<https://www.youtube.com/watch?v=1nZEdqcGVzo> (6 minute guided relaxation)

<https://www.youtube.com/watch?v=PYsuvRNZfxE> (10 minute guided relaxation)

Ted Talk on Yoga:

https://www.ted.com/talks/krishna_sudhir_what_yoga_does_to_your_body_and_brain

Ted Talk on Drawing:

https://www.ted.com/talks/shantell_martin_how_drawing_can_set_you_free

Ted Talk on Perfection:

https://www.ted.com/talks/thomas_curran_our_dangerous_obsession_with_perfectionism_is_getting_worse

Ted Talk on Connections During Quarantine:

https://www.ted.com/talks/priya_parker_how_to_create_meaningful_connections_while_apart

Books (approved by my clients!)

Nataly Kogan, *Happier Now*

Rick Hanson, *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*

Lori Gottlieb, *Maybe You Should Talk to Someone: A Therapist, HER Therapist, and Our Lives Revealed*

Jen Sincero, *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life*