

# UNIVERSITY SETTLEMENT **FAMILIES THRIVING**

Families Thriving is a home- and community-based family support program offering a wide range of wellness and mental health services to your community. We do this with family-driven care, an antiracist lens, and strengths-based approaches.



## Our services include:

- **Individual and family therapy**
- **Psychoeducation** for parents and/or teachers
- **Crisis avoidance**
- **Social-emotional skill building**

*Including anger management, coping skills, social skills, communication skills, daily living skills, etc.*

- **Triple-P (Positive Parenting Program)**

*Consultations and parent training for managing behaviors, having structure at home, strengthening family relationships and having a more peaceful home.*

## Who we serve:

- **Youth (ages 0-21) and their families** who reside in Manhattan and Brooklyn and have Medicaid

We also partner with schools and community organizations to offer a menu of fee-based services which include professional development training, consultations for behavior and school-wide healing-centered practices, Connection Circles, and workshops. **Contact us to learn more!**

## Where we work:

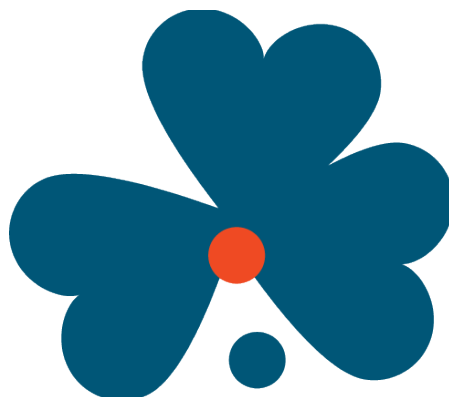
- **Anywhere:** home, at school, at after-school, in the community, virtually, etc.

**CONTACT US!**  
**(212) 453-4503**  
**FT@universitysettlement.org**

Call or email us with your contact information and we'll reach out.

All are welcome, regardless of immigration status.

Services are available in English, Spanish, and Chinese.



“ The program is excellent in how it adapted to our family’s specific need and style. I felt like it was personalized... ”

**– Parent**