



Ellen Labinsky, Ph.D. & Shuli Sandler, Psy.D.
Licensed Clinical Psychologists

180 Cabrini Boulevard, New York, NY 10033
info@stepsonthehudson.com
(646) 39-STEPS

Being a parent is hard work!

STEPS targets the needs of expecting and new parents. Our goal is to help you develop effective skills to meet the challenges of everyday parenting. We believe that education, support, and increased self-awareness lead to positive growth for both you and your child, which in turn enhances the quality of your relationship.

STEPS offers the following programs, led by two psychologists:

- Monthly Parenting Workshops co-led with pediatrician Dr. Joseph Richter
- Weekly Psychotherapy Groups For
 - Expecting Mothers
 - Mothers of Newborns
 - Mothers of Toddlers
- Individual Consultations

To learn more about our programs, please call us at 646-39-STEPS (646-397-8377) or email us at: info@stepsonthehudson.com

Our first Monthly Parenting Workshop will be held Wednesday September 15, 2010 on the topic of Crying. Due to limited space, advance registration is required. Fee for workshop is \$20.