



Second Young Parent Expo for pregnant and parenting teens proves to be Seleni Institute's most popular teen event

NEW YORK — January 29, 2016 — The Seleni Institute has received a flood of interest for its second Young Parent Expo, to take place on February 6, 2016. The full-capacity event will feature expanded programming for about 100 pregnant and parenting teens aged 14 to 22.

Attendees from all over New York City have signed up already, with Seleni providing many teen homeless shelter residents with free transportation to and from the event. The three-hour program will provide teens with the opportunity to gain skills in newborn care and self-esteem building with Seleni clinicians and community advocates. Attendees will be able to talk about the full spectrum of parenting challenges, including fatherhood issues for the men in attendance.



Volunteers will be available on-site to provide childcare for children aged from newborn to six years old, and each participant will receive a full breakfast and a diaper bag full of infant and baby essentials. This is the second such event put on by the Seleni Institute and follows its inaugural Young Parent event held at the beginning of November last year.

The Young Parent Expo is a free quarterly event within Seleni's flagship program, the Seleni Institute Teen Initiative (SITI). SITI is solely dedicated to improving the likelihood of success in adulthood for teenage mothers by providing critical and evidence-based reproductive and maternal mental health services to pregnant and postpartum teenage girls.

In addition to the Young Parent Expo, SITI provides direct support to teenage girls via individual psychotherapy, group support, and general information on the psychological effects of pregnancy and new motherhood, as well as professional training on reproductive mental health for clinicians working with a pregnant teen population.

To learn more about the Seleni Institute Teen Initiative:
please visit www.seleni.org/siti or call 212-939-7200.

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About the Seleni Institute

The Seleni Institute is a nonprofit organization founded by George and Nitzia Logothetis in 2011 that provides the care, information and research funding critical to supporting mothers and families.

The Seleni Institute supports women and their partners coping with:

- Depression and anxiety, before, during and after pregnancy
- Infertility
- Miscarriage, stillbirth and infant loss
- Pregnancy complications
- Infant bonding and attachment issues
- Sleep and feeding issues
- Life and career transitions
- Relationship/marital troubles
- Parenting and motherhood concerns
- Body image anxiety and disordered eating behaviors
- Perimenopause
- Grief and bereavement

The Seleni Institute treats individuals, not disorders, by providing a 360-degree approach to reproductive and maternal mental health issues. From individual therapy and psychiatry, to acupuncture and massage, to workshops and moms groups, the breadth of services and unique, collaborative environment make Seleni Institute the only center of its kind in New York City. The Seleni Institute team believes that when women are supported, they are able to best care for themselves, their children and their families.

Media Contact:

Julia Kay Goodman

Kay Media LLC

(646) 517-1616

Julia@kaymediallc.com

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