



EVENTS at the PARENT CENTER

FREE Spring Parenting Workshops

All workshops are held at the Parent Center, 281 East Broadway, New York, NY.

Registration is required. For more information or to RSVP, please contact the

Parent Center at 212.471.2400

Internet Safety for Parents of Children & Teens: (CHINESE ONLY). Discusses what children are doing online, and addressing cyberbullying, sexting, and more. *Monday, April 24th 10:30AM to 12:30PM*

Building Self-Esteem & Positive Body Image in Children & Teens: (SPANISH ONLY). Shares strategies that parents can use to build their children's self-esteem & promote a positive and healthy self-image. *Wednesday, April 26th 10:00 to 11:30AM.*

Parenting Children with Special Needs: Your Rights & Ways to Advocate!: (ENGLISH ONLY): This one-time workshop will be facilitated by Attorney Julia Rosner from Legal Services NYC, and will focus on parents' rights with regard to Early Intervention, CPSE, and CPE, ways to advocate for your family within the special education system, and a review of developmental milestones. *Wednesday, April 26th 1:00 to 2:00PM.*

How to Talk So Kids Will Listen & Listen So Kids Will Talk: (ENGLISH ONLY): Learn to help children identify and cope with their feelings, engage cooperation, and reinforce good behaviors. *Monday, May 1st 1:00PM to 2:30PM.*

Engaging Children Through Play & Creativity: (ENGLISH ONLY): Geared toward parents of children age 0 to 8, and focuses on how parents can utilize play to promote social & emotional development. *Wednesday, May 3rd 10:00AM to 11:30AM.*

Talking to Children About Sex: What to Say & When to Say It!: (ENGLISH ONLY): Educates parents on child sexual development and provides ways to talk to kids & encourage healthy and positive behaviors. *Monday, May 8th 12:30PM to 2:00PM.*

Successful Co-Parenting (ENGLISH ONLY): Focuses on how parents can utilize effective communication, conflict resolution, plus a co-parenting plan to successfully parent their children together. *Tuesday, May 9th 10:30AM to 12:30PM*

Talking to Children About Sex: What to Say & When to Say It! (CHINESE ONLY): Educates parents on child sexual development and provides ways to talk to kids & encourage healthy and positive behaviors. *Wednesday, May 17th 2:00PM to 3:30PM.*

Friendships, Cliques & Bullying (ENGLISH ONLY): Discusses the importance of friendships, managing cliques, and ways to communicate with children and teens about bullying. *Friday, May 19th 10:30AM to 12:00PM.*

Helping Children & Teens Cope After Trauma (CHINESE ONLY): Focuses on what trauma is, how trauma can impact children, and ways parents can support children and help them heal. *Monday, May 22nd 11:00AM to 1:00PM.*

Self-Care & Stress Management (ENGLISH ONLY): Discusses the impact of stress and provides techniques to manage stress and promote self-care. *Tuesday, May 23rd 2:00PM to 3:30PM.*