



EVENTS at the PARENT CENTER

FREE JUNE, JULY & AUGUST PARENT 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
Rebecca Gerstein at **212.471.2400** and/or RGerstein@HenryStreet.org

Effective Discipline Techniques (SPANISH ONLY): Explore discipline techniques that parents can use to manage challenging behaviors. **Thursday, June 15th 1:30 PM-3 PM**

Building Self-Esteem and Positive Body Image in Children & Teens (ENGLISH ONLY): Share strategies that parents can use to build their child's self-esteem & promote positive and healthy self-image. **Wednesday, June 21 2PM-3:30PM**

Encouraging Healthy and Positive Relationships in Children & Teens (ENGLISH ONLY): Discuss how parents can help children cultivate and maintain friendships, and how parents can talk to their teens about dating and healthy relationships. **Wednesday, July 5th from 10 AM- 11:30 AM**

Educational Workshop & Consultation (ENGLISH ONLY): Meet Calvin Wilson and Angel Calderon from the Brooklyn Educational Opportunity Center (BEOC) and learn more about the CUNY/SUNY or trade program that can help you get ahead in your desired career. **Wednesday, July 26th from 2 PM-3:30 PM**

Helping Young Children Self-Regulate & Cope with their Emotions (ENGLISH ONLY): Provides parents with strategies to encourage self-regulation in young children, and how to best respond to behaviors in the moment. (For children ages 3 to 6) **Tuesday, August 1 from 10 AM-11:30 AM**

Parent Center Drop-In Hours (ENGLISH AND CHINESE): Find out about our fall workshops & groups, mingle with other parents, bring your kids and meet our new Mandarin speaking social worker, Amanda Chen! (*Service providers welcome!*) **Wednesday, August 2 from 10 AM- 12PM**

Helping Children Cope with Death, Loss & Grief (ENGLISH ONLY): How to talk to children about loved ones who have passed away, strategies for helping children explore their feelings after a death and how to connect, communicate and cope as a family. **Monday August 21st from 2 PM-3:30 PM**

Special Education: What Parents Need to Know! (ENGLISH ONLY): Basic overview of the special education process in New York City and what parents need to know to best advocate for their children. **Tuesday August 29th from 10 AM- 11:30 AM**