



EVENTS at the PARENT CENTER

FREE NOVEMBER Parenting Workshops!

***All workshops are held at the Parent Center (unless otherwise specified)
281 East Broadway, New York, NY**

Registration is required. For more information or to RSVP, please contact
Amanda Chen, MSW at **212.471.2400 Ext 220** and/or ACHen@henrystreet.org

Drop-In Hours for Chinese Parents/Caregivers (IN CHINESE ONLY): Please join us at the Parent Center for yoga for Chinese parents/caregivers and arts for children. **Tuesday November 7 from 4-5 PM**

Letters to our Children (FOR FATHERS/FATHER FIGURES): Geared toward fathers, grandfathers, foster fathers, stepfathers, uncles, cousins, big brothers and significant male caregivers. Discussion of topics relevant to the role of fatherhood in today's society. **Tuesday November 7 AT SEWARD PARK LIBRARY (on 192 East Broadway, NY, NY 10002) from 6-7:30 PM**

Child Support Program & Services Informational Workshop (with Guest from NYC Human Resources Administration): Workshop for parents/caregivers to learn about child support, its benefits, the process, issues that arise and more! **Tuesday November 14 from 10 AM-12 PM**

Helping Young Children Self-Regulate and Cope with their Emotions: Geared toward parents of children 2 to 6 years old. Provides information on strategies to help children self-regulate and how to respond to behaviors in the moment. **Tuesday November 14 from 2-3 PM**

How to Effectively Communicate with Teens (IN CHINESE ONLY): Geared toward Mandarin speaking parents of teens ages 12+. Focuses on tools for effective communication, dealing with conflict, and how to get teens to open up. **Friday November 17 from 10-11:30 AM**

Thanksgiving Drop-In Hours: Join us for an afternoon of crafts for children and self-care for parents/caregivers. We want to give thanks to our Parent Center family! **Monday November 20 from 2-3:30 PM**

Building Self-Esteem & Positive Body Image in Children & Teens: Geared toward parents of children any age and focuses on techniques parents can use to build self-esteem and body image in their children. This workshop provides opportunities for parents/caregivers to reflect on issues of body image and different ways to get the conversation started with their children. **Tuesday November 21 from 2-3:30 PM**

Special Ed: What Parents Need to Know (IN CHINESE ONLY): Geared toward parents of school-age children and includes a basic overview of the special education process in New York City and what parents need to know to best advocate for their children. **Tuesday November 28 from 2-3:30 PM**