



EVENTS at the PARENT CENTER

FREE March & April 2018 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
Rebecca Gerstein, LCSW at **212.471.2400 Ext 218** or RGerstein@henrystreet.org

The Facts of Nutrition (with Guest Speaker Dr. Katie Keown, MD) Focuses on what parents need to know about nutrition and how feeding children the proper foods can increase concentration and minimize behavioral concerns. **Monday March 26, 2018 from 1-2:30 PM**

Dealing with Sibling Rivalry (IN SPANISH): Focuses on what sibling rivalry is, why it happens and the do's and don'ts of sibling rivalry and how parents can best respond. **Wednesday March 28, 2018 from 2-3 PM**

Toddler Free Play: Drop-in hours for toddlers (12-36 months) and their parents/caregivers. Come to the Parent Center for arts and crafts, music, parachute, bubbles and more! **Friday March 30, 2018 from 10-11 AM**

Dealing with Sibling Rivalry: Focuses on what sibling rivalry is, why it happens, the do's and don'ts of sibling rivalry and how parents can best respond. **Friday April 6, 2018 from 2-3:30 PM**

Toddler Free Play: Drop-in hours for toddlers (12-36 months) and their parents/caregivers. Come to the Parent Center for arts and crafts, music, parachute, bubbles and more! **Friday April 13, 2018 from 10-11 AM**

Encouraging Healthy and Positive Relationships in Children & Teens: Focuses on the social and emotional development of children (of all ages), discusses how parents can foster friendships, and how to talk to teens about healthy relationships. **Friday April 13, 2018 from 2-3:30 PM**

Successful Co-Parenting: Discusses what co-parenting is and ways to manage challenges through effective communication, reduction of conflict and development of a co-parenting plan. This workshop focuses on separated/divorced parents and how parents can help their children adjust to the separation and new co-parenting plan. **Thursday April 19, 2018 from 2-3:30 PM**

Effective Discipline Techniques: Focuses on effective discipline methods and ways to express love to children. **Monday April 23, 2018 from 11 AM-12:30 PM**

Special Education: What Parents Need to Know! 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. **Wednesday April 25, 2018 from 2-3:30 PM**

Perinatal & Post-Partum Depression Workshop (with Guest Speaker Dr. Alison Mitzner): Pediatrician and mother, Dr. Mitzner, will present on signs of perinatal and post-partum depression and how to cope. **Friday April 27, 2018 from 4-5 PM**