



# EVENTS at the PARENT CENTER

## **FREE May 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](mailto:RGerstein@henrystreet.org)

**Effective Discipline Techniques:** Focuses on effective discipline methods and ways to express love to children. **Friday May 4, 2018 from 11 AM-12:30 PM**

**Internet Safety for Parents of Children & Teens:** Focuses on what children and teens are doing online, what parents can do to ensure safety and what to do if your child becomes a victim. **Wednesday May 9, 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. **Wednesday May 16, 2018 from 2-3:30 PM**

**Friendship, Cliques & Bullying:** Discusses the importance of friendship, managing cliques, and ways to communicate with children and teens about bullying. **Wednesday May 30, 2018 from 2-3:30 PM**