

# The Parent Center

NEIGHBORHOOD  
RESOURCE  
CENTER



## **FREE November 2018 Workshops**

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

**Registration is required. Childcare is not provided.**

For more information or to RSVP, please contact  
Emilia Leon, LMSW at (646)713-2847 and/or [ELeon@henrystreet.org](mailto:ELeon@henrystreet.org)

**Know Your Rights with Cabrini Immigration Services (ENGLISH & SPANISH):** This Know Your Rights training will cover your rights if you are stopped by Immigration and Customs Enforcement (ICE).  
**Friday November 2, 2018 from 2-3:30 PM**

**Conozca Sus Derechos:** Este taller de Conozca sus derechos cubrirá sus derechos si usted esta detenido por "la migra"- Immigration and Customs Enforcement (ICE).  
**Miércoles, 2 de noviembre 2:00-3:30pm**

**From Child to Teen: Navigating the "Tween" Years:** Geared toward parents of children ages 8-12 and provides information on child and adolescent development, discusses the challenges of parenting "tweens," and provides parents with tools to navigate these challenges.  
**Thursday November 8, 2018 from 11 AM-12:30 PM**

**Helping Children Stay Healthy with Community Health Educators from Empire Blue Cross Blue Shield HealthPlus (ENGLISH & MANDARIN):** This workshop discusses ways to get children to eat better, tips for safety, tips for injury prevention and what to do in an emergency.  
**Wednesday November 14, 2018 from 11AM-12 PM**

**儿童健康 (Empire Blue Cross Blue Shield HealthPlus 保险合作) :** 本讲座讨论如何让孩子们更好地健康进食, 讨论如何提高日常安全警惕, 预防伤害以及在紧急情况策划。  
**2018年11月14日星期三上午11点至12点**

**Toddler/Baby Drop-In Time (ENGLISH, MANDARIN & SPANISH SPEAKERS WELCOME!):** Come to the Parent Center for free play, parachute, arts and crafts and more!  
**Friday November 16, 2018 from 10-11 AM**

**Hora De Jugar Para Niños Pequeños Y Bebés:** Venga al Centro Para Padres para jugar, paracaídas, actividades de arte y mucho más! **Viernes 16 de noviembre de 2018 de 10AM-11AM**

**万圣节活动 :** 欢迎大家在万圣节前来父母中心拿些糖果, 主题工艺品和免费游戏。  
**2018年11月16日星期五上午10-11点**

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**Thanksgiving Toddler/Baby Drop-In Time (ENGLISH, MANDARIN & SPANISH SPEAKERS WELCOME!):** Come to the Parent Center for Thanksgiving themed arts and crafts, games and self-care for parents/caregivers.

**Monday November 19, 2018 from 10-11 AM**

**Thanksgiving Hora de Jugar ón de Gracias para Niños Pequeños / Bebés:** Venga al Centro de Padres para actividades de arte, juegos y auto-cuidado para los padres / cuidadores.

**Lunes 19 de noviembre de 2018 de 10AM-11AM**

**感恩节活动:** 感恩节周一来父母中心参与节日有关艺术活动, 游戏和的家长自我关怀的活动。

**2018年11月19日星期一上午10-11点**

**Encouraging Children Through Play & Creativity (IN MANDARIN):** Geared toward parents of young and school-age children and focuses on the importance of play and creativity and activities parents can utilize to engage their children and promote their social and emotional development and attachment. **Monday November 26, 2018 from 11 AM-12 PM**

**通过游戏和创造力鼓励孩子:** 专门为年轻和学龄儿童的父母规划的讲座, 并会讨论关注游戏和创造力的重要性。以及介绍父母可以利用的活动来吸引孩子并促进他们的社交和情感发展和依恋。

**2018年11月26日星期一上午11点至下午12点**

**Single Parenting- Managing Challenges and Finding Support (IN SPANISH):** Geared toward single parents with children of all ages. Workshop will focus on identifying challenges that single parents face and how to find resources and support to cope with these challenges.

**Tuesday November 27, 2018 from 11AM-12:30 PM**

**Padres Solteros: Manejar Los Desafíos Y Encontrar Apoyo (EN ESPAÑOL):** Para padres solteros con hijos de todas las edades. El taller se enfocará en identificar los desafíos que enfrentan los padres solteros y cómo encontrar recursos y apoyo para enfrentar estos desafíos.

**Martes 27 de noviembre de 2018 de 11 a.m. a 12:30 p.m.**

**Stress Management with Community Health Educators from Empire Blue Cross Blue Shield HealthPlus (ENGLISH & SPANISH):** This workshop will help clients identify different types of stress, recognizing the signs and symptoms, identifying long-term effects of stress, and various ways to reduce stress. **Wednesday November 28, 2018 from 11AM-12 PM**

**Manejo del estrés con educadores de salud comunitaria de Empire Blue Cross Blue Shield HealthPlus (INGLÉS Y ESPAÑOL):** Este taller ayudará a los clientes a identificar diferentes tipos de estrés, reconocer los signos y síntomas, identificar los efectos a largo plazo del estrés y varias formas de reducir el estrés. **Miércoles 28 de noviembre de 2018 de 11 AM- 12 PM**