



**HENRY STREET  
SETTLEMENT**

# The Parent Center

## **FREE Winter 2020 Parenting Workshops**

**All workshops are held at:**

**281 East Broadway, New York, NY 10002**

**Until we move to 269 Henry Street, 3<sup>rd</sup> floor (date pending)**

**For more information or to register, please contact**

**Victoria Vargas, LCSW at (646)713-2839 and/or [vvargas@HenryStreet.org](mailto:vvargas@HenryStreet.org)**

**Encouraging Healthy and Positive Relationships:** This workshop focuses on the social and emotional development of children, the importance of healthy friendships, and how parents can talk to their teens about dating and healthy relationships. **Childcare is not provided.**

**Thursday, January 9, 2020 from 2:00pm - 3:00pm**

**Effective Communication:** This workshop focuses on helping parents learn techniques for how to improve communication with their children, how reflective and active listening can improve communication with children and teens. **Childcare is not provided.**

**Monday, January 13<sup>th</sup>, 2020 from 10:00am- 11:00am**

**Advocacy Techniques:** This workshop will provide concrete tools for parents to navigate various systems like ACS, school, court, and more! We will discuss how to be a strong advocate for yourself and for your family. **Childcare is not provided.**

**Monday, January 21<sup>st</sup>, 2020 from 2:00pm – 3:00pm**

**Toddler Time:** This structured activity time is geared toward parents and toddlers ages 17 months to 3 years, inviting parents and their children to engage in play, yoga, music, dance, art activities, and more!

**Wednesday, January 22, 2020 from 2:00pm - 3:00pm**

**Helping Children Cope After Trauma:** This workshop focuses on what trauma is and the various types, how trauma can affect children at different ages, and what parents can do to support their children and help them heal.

**Childcare is not provided.**

**Thursday, January 30<sup>th</sup>, 2020 from 2:00pm – 3:00pm**

**Toddler Time:** This structured activity time is geared toward parents and toddlers ages 17 months to 3 years, inviting parents and their children to engage in play, yoga, music, dance, art activities, and more!

**Wednesday, February 5<sup>th</sup>, 2020 from 2:00pm - 3:00pm**

**Effective Discipline:** This workshop focuses on the different effective discipline techniques and how to encourage positive behavior. **Childcare is not provided.**

**Thursday, February 13<sup>th</sup>, 2020 from 2:00pm – 3:00pm**



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**Toddler Time:** This structured activity time is geared toward parents and toddlers ages 17 months to 3 years, inviting parents and their children to engage in play, yoga, music, dance, art activities, and more!

**Wednesday, February 19<sup>th</sup>, 2020 from 2:00pm - 3:00pm**

**Tech Talk & Internet Safety:** This workshop focuses on what children and teens are doing online, managing screen time, and talking to children/teens about digital decision making. **Childcare is not provided.**

**Tuesday, March 3<sup>rd</sup>, 2020 from 10:00am- 11:00am**

**Toddler Time:** This structured activity time is geared toward parents and toddlers ages 17 months to 3 years, inviting parents and their children to engage in play, yoga, music, dance, art activities, and more!

**Wednesday, March 4<sup>th</sup>, 2020 from 2:00pm - 3:00pm**

**Friendships, Cliques, & Bullying:** This workshop provides information on the importance of healthy friendships and ways to communicate with children and teens about bullying. Workshop provides a special focus on cyberbullying, and ways parents can intervene. **Childcare is not provided.**

**Tuesday, March 17<sup>th</sup>, 2020 from 10:00am- 11:00am**

**Baby's First Year:** Geared towards expectant parents and parents with toddlers/babies 12 months of age and younger. Workshop will provide information on developmental milestones, Sudden Infant Death Syndrome (SIDS), oral care, separation anxiety, and skin care. **Childcare is not provided.**

**Monday, March 23<sup>rd</sup>, 2020 from 10:00am- 11:00am**

**Helping Children Cope with Death, Loss, and Grief:** This workshop will focus on what to say to your child after they experience a death or loss, how children express grief in different ways, communicating and connecting as a family, strategies for exploring grief, and self-care. **Childcare is not provided.**

**Tuesday, March 31<sup>st</sup>, 2020 from 10:00am- 11:00am**

**Talking to Children about Sex:** This workshop focuses on child/teen sexual development and how to utilize effective communication techniques to engage your children in a discussion about this topic. **Childcare is not provided.**

**Thursday, April 4<sup>th</sup>, 2020 from 10:00am- 11:00am**