



**HENRY STREET  
SETTLEMENT**

# The Parent Center

## **FREE NOVEMBER / DECEMBER 2020 PARENTING WORKSHOPS**

All workshops will be held online through ZOOM Video Conferencing. Participants will need to be able to access the ZOOM app on their phone, computer, or other device in order to participate.

**\*\*\*Click the titles below to register for virtual workshops\*\*\***

For more information or register, please contact:

Victoria Vargas, LCSW at (646) 713-2839 and/or [vvargas@HenryStreet.org](mailto:vvargas@HenryStreet.org)  
Or Carina Baker, LMSW at (646) 713-2847 and/or [cbaker@HenryStreet.org](mailto:cbaker@HenryStreet.org)

**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.

**Monday, November 2<sup>nd</sup>, 2020 from 2:00 pm – 3:00 pm**

**Burn Prevention and First Aid for Families:** Burn injuries can often occur in an instant. This workshop focuses on burn safety, prevention, first aid, and support services that are available for you and members of your family.

**Monday, November 9<sup>th</sup>, 2020 from 10:00 am – 11:00 am**

**Effective Discipline:** This workshop focuses on the different effective discipline techniques and how to encourage positive behavior.

**Tuesday, November 10<sup>th</sup>, 2020 from 2:00 pm – 3:00 pm**

**Helping with Homework & Remote Schooling:** This workshop provides concrete examples of how parents can help encourage their children to read at home and how to engage cooperation, especially while attending school remotely.

**Wednesday, November 11<sup>th</sup>, 2020 from 2:00 – 3:00 pm**

**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.

**Tuesday, November 17<sup>th</sup>, 2020 from 2:00 – 3:00 pm**

**Cooperative Co-Parenting:** This workshop focuses on separated/divorced parents and why cooperative co-parenting is important, ways to manage challenges, and how parents can help their children adjust to the separation.

**Tuesday, December 8<sup>th</sup>, 2020 from 2:00 pm – 3:00 pm**



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**Baby's First Year:** Geared towards expecting parents and parents with babies under 12 months. Workshop provides information on developmental milestones, SIDS, oral care, separation anxiety, and skin care.

**Tuesday, December 15<sup>th</sup>, 2020 from 2:00 pm – 3:00 pm.**

**Self-Care and Stress Management:** This workshop focuses on the effects of stress, concrete techniques to manage stress, emotional regulation, and a self-care assessment.

**Tuesday, December 22<sup>nd</sup>, 2020 from 2:00 pm – 3:00 pm**

**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.

**Monday, December 28<sup>th</sup>, 2020 from 11:00 am – 12:00 pm**

**Single Parenting- Managing Challenges and Finding Support:** This workshop will focus on identifying challenges that single parents face and how to find resources and support to cope with these challenges.

**Tuesday, December 29<sup>th</sup>, 2020 from 2:00 – 3:00 pm**