



FEBRUARY/MARCH 2021 PARENT CENTER WORKSHOPS



Parent Center Workshop Facilitator Ms. Tera Gurney, LCSW is a Licensed Clinical Social Worker with over ten years of professional experience in the field of parenting education, mental health and treatment of survivors of sexual violence. She served as Parent Center Social Worker/Program Coordinator from 2014-2017 and has since developed a wide range of family-centered trainings to support healthy child and family development. Tera has presented at national

conferences including the Chicagoland Title IX Consortium Conference and National Association of Social Workers Illinois Statewide Conference. She is the proud mother of two young sons including a baby boy born in 2020.

NOTE: Workshops are held online via ZOOM video conferencing. Participants need to access the ZOOM App on their phone, computer, or other device in order to participate. For more information about how to download and use Zoom, click here: <https://www.youtube.com/watch?v=fVu9BILRkww>

Workshops require pre-registration. Please see topics, dates, times and registration links below. After registering, you will receive a confirmation email containing information about joining the Zoom meeting. Participants requesting a Parenting Workshop Certificate will need to arrive no later than 15 minutes after the start of the workshop. For more information and/or if you have additional questions, please contact Qiqi Liang, MHC at QLiang@HenryStreet.org or email ParentCenter@HenryStreet.org

Helping Young Children Self-Regulate and Cope with Emotions

When: Tuesday February 2, 2021 2-3 PM EST

This workshop will help parents learn how to encourage their children to talk about their feelings, how to respond in the moment, promote self-regulation, teach calming techniques and more. **Register here:** https://zoom.us/meeting/register/tJYkcOquqTljGtAHC_Mkq8XYsste6PMxc32y

Talking to Children & Teens About Sex: What to Say and When to Say It

When: Tuesday February 9, 2021 2-3 PM EST

This workshop will present an overview of sexual development in children and teens, and will provide concrete ways caregivers can speak to their children and teens about healthy sexuality, in an open and honest manner that encourages questions and communication. **Register here:** <https://zoom.us/meeting/register/tJcrfuusqDsqtEty9GVBmsMq0IFVw9s6Tpnn6>

Toddlers, Tantrums & Potty Training

When: Tuesday February 16, 2021 2-3 PM EST

This workshop will provide an overview of developmental milestones in toddlerhood, and review techniques to manage tantrums, and ways to set the stage for successful potty training. **Register here:** https://zoom.us/meeting/register/tJlqcuGtqz8sHtzS-KEIn8U4kxc_byp_Gw6O

Building Self-Esteem & Positive Body Image in Children & Teens

When: Thursday February 25, 2021 10-11 AM EST

This workshop will address the importance of self-esteem and body image, how these develop among children and teens, and various ways that caregivers can help facilitate positive self-regard at different stages of physical and emotional development. **Register here:** <https://zoom.us/meeting/register/tJcof-6urTIpGNRGqNbcQHW0gHYkR2YhthMD>

Talking to Kids About Gender, Sexuality & Identity

When: Thursday, March 4, 2021 10-11 AM EST

This workshop will focus on gender norms, different aspects of sexuality and identity, and how to engage your children in a discussion about these topics. **Register here:** <https://zoom.us/meeting/register/tJ0pde2opz8vGd0ekRCTsUpZndrXtTZirOQ->

How to Talk So Kids Will Listen & Listen So Kids Will Talk

When: Thursday, March 11, 2021 10-11 AM EST

A workshop designed for caregivers of children ages 4 to 10, which will facilitate discussion around teaching children about feelings, engaging cooperation from children, overcoming conflicts and power struggles, and praise for good behaviors. **Register here:** <https://zoom.us/meeting/register/tJloceCgrDoqEt3UIiHfOq-FVZ1bEC4-VMtq>

Consent 101: Teaching Your Teens About Sexual Consent

When: Thursday March 18, 2021 10-11 AM EST

This workshop will discuss the 'do's' and 'don'ts' of consent, how teens can communicate consent to their partners, and will provide parents with guidelines on how they can openly and honestly talk to their teens about the importance of consent. **Register here:** <https://zoom.us/meeting/register/tJEduuhrDouGdetncoXqJq83ucMzhtt8jrE>

Encouraging Children to Read at Home

When: Thursday March 25, 2021 10-11 AM EST

This workshop will provide specific techniques parents can use to help encourage reading and learning at home. **Register here:** https://zoom.us/meeting/register/tJAldOuqz8jHdl_6NVO_LohechYyPO1cCr