



## May 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](mailto:QLiang@HenryStreet.org) or email [ParentCenter@HenryStreet.org](mailto:ParentCenter@HenryStreet.org)

**Baby's First Year:** Geared toward expecting parents and parents with babies under 12 months.

**WHEN: Thursday, May 6, 2021 at 10-11 AM EST**

Workshop will provide information on developmental milestones, general baby care, and sleep.

**REGISTER HERE:** <https://zoom.us/meeting/register/tJMpf-CoqjgqH9PCY3e1-ueyFsfDDIdn50YI>

**Internet Safety for Caregivers of Children and Teens:** This workshop, facilitated jointly together with Henry Street Settlement's School Based Mental Health Clinic, addresses what online programs children and teens are using, safe online usage and what caregivers can do to protect their children, cyberbullying and talking to their children about internet safety.

**WHEN: Thursday, May 13, 2021 at 10-11 AM EST**

**REGISTER HERE:** <https://zoom.us/meeting/register/tJwlfeuuhpzgrHtPj6eN8CEwyakGAaklvKN4c>

**Navigating the Tween Years:** Geared toward parents of children ages 9 to 12 with on focus on pre-adolescent development, managing challenges and communication techniques.

**WHEN: Thursday, May 20, 2021 at 10-11 AM EST:**

**REGISTER HERE:** [https://zoom.us/meeting/register/tJllc-yvqz0pGta\\_BSBal3FbVUEkeZuMmdCf](https://zoom.us/meeting/register/tJllc-yvqz0pGta_BSBal3FbVUEkeZuMmdCf)

**Friendships, Cliques and Bullying:** This workshop will discuss the importance of friendships, an overview of cliques and popularity, and how parents can discuss bullying with their children.

**WHEN: Thursday, May 27, 2021 at 10-11 AM EST:**

**REGISTER HERE:** <https://zoom.us/meeting/register/tJArfu2oqTwrGNLoL0Baov0CUwnvSTaH07Y->