



JULY/AUGUST 2021 PARENT CENTER WORKSHOPS

We are pleased to announce our Parent Center Group Co-Facilitators Eve Atkins, MA, MSW and Ms. Qiqi Liang, MHC-LP will offer a range of 1-time workshops (English/Chinese) during the months of July and August in addition to 1-time workshops offered by Ms. Tera Gurney, LCSW. Since January 2021, Eve and Qiqi have been co-facilitating a range of parenting groups online at Zoom including Parenting Children with Special Needs, Parenting Discoveries, Anger Management and Parenting Journey, and will now offer 1-time workshops in addition to parenting education and/or support groups, 1-1 parent consultations, and short-term/brief psychotherapy services.

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 call 212.471.2400, x. 1813 or email ParentCenter@HenryStreet.org

SUCCESSFUL CO-PARENTING

WORKSHOP FACILITATOR: TERA GURNEY, LCSW

WHEN: Thursday, July 8, 2021 – 10-11 AM

This workshop will discuss the importance of successful co-parenting, how parents can establish a healthy co-parenting relationship and help their children adjust especially following a parental separation or divorce, and to minimize the impact of that separation upon healthy child and adolescent development.

REGISTER HERE: https://zoom.us/meeting/register/tJcsduCorD4jGNbiOOqqrVjj1H2UG_RHFvZ

ENGAGING CHILDREN THROUGH PLAY

WORKSHOP FACILITATOR: EVE ATKINS, MA, MSW

WHEN: Tuesday, July 13, 2021 – 1-2 PM

Designed for caregivers of young children, this workshop will provide an overview of the different types of play and why imaginative play with your child/children is so important to fostering attachment and healthy development, and ways to engage in play that is fun for the whole family.

REGISTER HERE: <https://zoom.us/meeting/register/tJAtd-uprj4pHdHvYPL4HOfGDBkWZ7qBpSdc>

EFFECTIVE DISCIPLINE 有效的教养方式和技巧 [FOR CHINESE SPEAKERS]

WORKSHOP FACILITATOR: QIQI LIANG, MHC-LP

WHEN: Thursday, July 15, 2021 – 10-11 AM

此讲座面向各个年龄段孩子的家长, 重点讲教养和惩罚的区别、有效的教养方式、以及如何表达对孩子的爱

REGISTER HERE: <https://zoom.us/meeting/register/tJMkcu-srzksH9Jq2luF9PQgk71fXrNtm3nJ>

EXECUTIVE FUNCTIONING IN PARENTS & CHILDREN

WORKSHOP FACILITATOR: EVE ATKINS, MA, MSW

WHEN: Wednesday July 21, 2021 – 1-2 PM

This workshop will help explain what executive functioning is and provide tips and tools for both parents and children to help maximize organization, time management, and follow through with tasks.

REGISTER HERE: https://zoom.us/meeting/register/tJEUceispz8sHtZYi2qa2yndUG7Ep_njS2Z5

ENCOURAGING CHILDREN TO READ AT HOME

WORKSHOP FACILITATOR: TERA GURNEY, LCSW

WHEN: Thursday July 22, 2021 – 10-11 EST

This workshop will provide specific techniques parents can use to help encourage reading and learning at home during the summer months and to FINISH READING THAT SUMMER BOOK LIST!

REGISTER HERE: https://zoom.us/meeting/register/tJApdO2grT0sE9VN0oRHlY8OUtW-_11dbA7m

COPING WITH SECONDARY TRAUMA & PARENTING

WORKSHOP FACILITATOR: EVE ATKINS, MA, MSW

WHEN: Monday, July 26, 2021 – 1-2 PM

This workshop will include a comprehensive overview of “trauma” and related feelings of burn-out – and what defines “secondary trauma” and how parents who have experienced one, the other, or both can best cope while caring for their children.

REGISTER HERE: <https://zoom.us/meeting/register/tJYqdemsrz0vGNxZqH4TR3E5rZfXhjW4Rhtk>

BREASTFEEDING 101: FOR NEW AND EXPECTANT MOTHERS

WORKSHOP FACILITATOR: TERA GURNEY, LCSW

WHEN: Thursday July 29, 2021 – 10-11 AM

For new and expectant mothers, this workshop provides an overview of what you should know about breastfeeding, challenges and myths around breastfeeding, and where you can find support for your breastfeeding journey.

REGISTER HERE: <https://zoom.us/meeting/register/tJEufuCvrDMtGtM8Jj4N9EUaoiJpF8CpWgzE>

SUCCESSFUL CO-PARENTING 成功的父母教育配合 [FOR CHINESE SPEAKERS]

WORKSHOP FACILITATOR: QIQI LIANG, MHC-LP

WHEN: Tuesday, August 3, 2021 – 10-11 AM

针对所有年龄段的孩子的父母, 讨论共同育儿是什么, 为什么重要, 共同养育的挑战, 管理挑战的方式 (有效沟通, 减少冲突和制定育儿计划)。研讨会的重点是分居/离婚的父母以及父母如何帮助他们的孩子适应分离和新的共同抚养计划。

REGISTER HERE: https://zoom.us/meeting/register/tJYqduquqz8tEtGGS_y5bG-UeJs6MI3XTih

INTERNET SAFETY FOR PARENTS 互联网安全 [FOR CHINESE SPEAKERS]

WORKSHOP FACILITATOR: QIQI LIANG, MHC-LP

WHEN: Tuesday August 10, 2021 – 10-11 AM

针对所有年龄段孩子的父母。关于儿童和青少年在网上做什么，与可利用的在线安全风险（网络欺凌，揭露个人信息，色情短信和在线征集）。讨论父母可以采纳的措施来预防这些风险以及如何面对孩子或青少年成为受害者。

REGISTER HERE: <https://zoom.us/meeting/register/tJMtduGprz0jG9MOg05MzfOJczCCDRpBmQnG>

ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS



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. Contact Info:



Parent Center Group Facilitator Ms. Eve Atkins, MA MSW has a dual degree in Social Work and Child Development from NYU's Silver School of Social Work and Sarah Lawrence College. Her area of expertise is in infants/toddlers ages 0-3, parent-child bonding and attachment, and executive functioning in children with ADD/ADHD. Eve joined our Parent Center Team in fall 2019, and has been co-facilitating a range of parenting groups together with **Ms. Qiqi Liang, MHC-LP** including Parenting Children with Special Needs, Parenting Discoveries, Anger Management for Parents, and The Parenting Journey, in addition to 1-time workshops, 1-1 parent consultations, and short-term/brief psychotherapy.



Parent Center Mental Health Counselor Ms. Qiqi Liang, MHC-LP is a bilingual Mental Health Counselor fluent in Chinese including Mandarin and Cantonese dialects. She completed her MA Degree in Mental Health Counseling at the Nyack College Alliance Graduate School of Counseling (AGSC). Prior to joining the Parent Center Team in 2020, she conducted intakes and facilitated supportive counseling groups at Henry Street Settlement's Community Consultation Center in the PROS Program. Qiqi is also employed part-time in a private psychotherapy practice. She is a new

mother of a young infant boy.