



## OCTOBER 2021 PARENT CENTER WORKSHOPS

During the month of October, Henry Street Settlement's Parent Center will offer a range of 1-time workshops on a range of parenting topics (see below) in English or Chinese online at Zoom, facilitated by Parent Center social work and/or mental health staff. See workshop topics and Zoom registration links below. All workshops are FREE and open to the public.

**NOTE:** Workshops are held online via ZOOM video conferencing. Participants need to access the ZOOM App on their phone, computer, or other device 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](mailto:ParentCenter@HenryStreet.org)

### **Teaching Your Teens About Sexual Consent**

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday 10/7 at 10 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://us06web.zoom.us/meeting/register/tZUkcutrD0vGNxtCuEqFn6XeQN56FQcNNOM>

### **Stress Management for Parents**

**Workshop Facilitator(s):** Eve Atkins, MA, MSW & Sarah Sheinkopf, MA, MSW (C)

**When:** Friday 10/8 at 10 AM EST

This workshop focuses on the effects of stress, concrete techniques to manage stress, emotional regulation, and a self-care assessment.

**REGISTER HERE:** <https://us06web.zoom.us/meeting/register/tZIqduqvrTqiG9wH5TCw-obsIx02Ylqyvm3B>

### **Friendships, Cliques, Bullying**

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Monday 10/11 at 2 PM EST

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

**REGISTER HERE:** <https://us06web.zoom.us/meeting/register/tZUof-2grz8rHt1FT2324Va3pg1VNNn8FJn4>

### **Talking to Kids about Sex -如何与孩子谈论性关系 [FOR CHINESE SPEAKERS]**

**Workshop Facilitator:** Qiqi Liang, MHC-LP

**When:** Wednesday 10/13 at 11 AM EST

如何与孩子谈论性关系：此讲座面向各个年龄段孩子的家长，主要讲孩子的性发展、每个年龄段会出现什么行为等。家长们可以学到如何跟孩子谈论性、以及如何帮助孩子积极健康发展

**REGISTER HERE:** <https://us06web.zoom.us/meeting/register/tZErf-Gtpz8jG9YHnYw0WTG0BSPsdpJKbrRE>

### **Effective Discipline Techniques**

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday 10/21 at 10 AM EST

Join our Parent Center to learn 15+ effective discipline techniques that caregivers can use with children of all ages.

**REGISTER HERE:** <https://us06web.zoom.us/meeting/register/tZUsf-6hpjlvHtAxnRyCs3WB4FW777QWBuYz>

### **Time Management for Parents & the Whole Family**

**Workshop Facilitators:** Eve Atkins, MA, MSW & Sarah Sheinkopf, MA, MSW (C)

**When:** Friday 10/22 at 10AM EST

This workshop will focus on time management techniques the whole family can use to promote smooth transitions and establish successful day-to-day routines.

**REGISTER HERE:**

[https://us06web.zoom.us/meeting/register/tZ0vduGprjotEtMPinUoBTP0HS4Eihh\\_usDP](https://us06web.zoom.us/meeting/register/tZ0vduGprjotEtMPinUoBTP0HS4Eihh_usDP)

### **Time Management for Parents & the Whole Family 家长的时间管理 [FOR CHINESE SPEAKERS]**

**Workshop Facilitator:** Qiqi Liang, MHC-LP

**When:** 10/27 at 11 AM EST

家长的时间管理：针对有任何年龄的孩子的父母。细谈父母可以利用的不同技术来有效地管理他们的时间，以及学习如何鼓励孩子参与合作。

**REGISTER HERE:** <https://us06web.zoom.us/meeting/register/tZ0tce6oqzIqE9wLalhNc0ePTjKkhfUpzJs4>

### **Talking to Children and Teens About Gender, Sexuality and Identity**

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday 10/28 at 10AM 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://us06web.zoom.us/meeting/register/tZcrlumpqDMqGNWRiqOqFlbxk6SauVztWT6N>

## 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.



**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.