



## MAY 2022 PARENT CENTER WORKSHOPS

During the month of May, Henry Street Settlement's Parent Center will offer 1-time workshops on a range of parenting topics (see below) online at Zoom, facilitated by Parent Center licensed social work and 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).

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**Successful Co-Parenting:** Discusses the importance of successful co-parenting, how parents can establish a healthy co-parenting relationship and help their children adjust.

**Workshop Facilitator:** Kelly Lange, LMSW

**When:** Monday May 2<sup>nd</sup>, 2022 at 1 PM EST

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZUkdu2hpi0qH9wNliuz646TKFTB3Vpq352e>

**Building Self-Esteem and Positive Body Image in Children + Teens:** This workshop discusses how self-esteem and body image among children and teens, and ways caregivers can help facilitate positive self-esteem and body image.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday May 5<sup>th</sup>, 2022 at 10 AM EST

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZMvd-isqTMqEtC-EB03YNmGwhf6u8Vpc6-w>

**Virtual Mother's Day Celebration:** Come meet and chat with other mothers and caretakers; learn about and practice self-care and tap into your inner child with ART!

**Event Facilitators:** Kelly Lange, LMSW, Eve Atkins, LMSW & Qiqi Liang, MHC-LP

**When:** Friday May 6<sup>th</sup>, 2022 – 10:30 AM to 12 PM

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZYod-ypqzkjE9wfNEhs3fxFwauRhrigggp>

**成功的父母教育配合 (Successful Co-Parenting—for Chinese Speakers):** 此讲座针对所有年龄段的孩子的父母，讨论共同育儿是什么和重点，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）。

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

**When:** Monday May 9<sup>th</sup>, 2022 at 10 AM EST

**Register here:**

[https://us06web.zoom.us/meeting/register/tZEqcuqqqTlvGdLKuGhiEEVcj4zHz\\_wE3I-0](https://us06web.zoom.us/meeting/register/tZEqcuqqqTlvGdLKuGhiEEVcj4zHz_wE3I-0)

**Time Management:** This workshop will provide ways you can manage time and create effective routines and schedules for you and your family.

**Workshop Facilitator:** Eve Atkins, MA, LMSW

**When:** Tuesday May 10<sup>th</sup>, 2022 at 2 PM EST

**Register here:**

<https://us06web.zoom.us/meeting/register/tZETf-utrzwuGdI8njwuzlpebR0R6lvod2Jo>

**Talking to Teens about Gender, Sexuality, and Identity:** 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.

**Workshop Facilitator:** Kelly Lange, LMSW

**When:** Wednesday May 11<sup>th</sup>, 2022 at 1 PM EST

**Register Here:**

[https://us06web.zoom.us/meeting/register/tZ0pde6pqTMiGtF\\_M\\_Ky67YJd-hps\\_fDSPuV](https://us06web.zoom.us/meeting/register/tZ0pde6pqTMiGtF_M_Ky67YJd-hps_fDSPuV)

**Helping Young Children Cope with Feelings:** A workshop designed for caregivers of young children that discusses how to talk with children about their feelings and strategies you can provide to help them cope in the moment.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday May 12<sup>th</sup>, 2022 at 10 AM EST

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZ0ufu-oqTgpHtlCunF3260dDnzQEMHAKk1k>

**有效的教养方式和技巧 (Effective Discipline Techniques—for Chinese Speakers) :**

此讲座面向各个年龄段孩子的家长，重点讲教养方式与技巧、以及如何表达对孩子的爱。

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

**When:** Tuesday May 17<sup>th</sup>, 2022 at 10 AM EST

**Register here:**

[https://us06web.zoom.us/meeting/register/tZMucO2vqj0iH9VN-Zy\\_oNiqPNXUpKXx9dJ1](https://us06web.zoom.us/meeting/register/tZMucO2vqj0iH9VN-Zy_oNiqPNXUpKXx9dJ1)

**Addressing Burn Out, Compassion Fatigue + Secondary Trauma in Parents:** This workshop shares helps parents understand burn out, compassion fatigue and secondary trauma ways they can address these challenges.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday May 19<sup>th</sup>, 2022 at 10 AM EST

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZAldOutqTwuGNZD0uGWRmtDpck2QnmHV6z5>

**Effective Discipline Techniques:** This workshop will focus on discipline methods that parents can effectively use when responding to a child's misbehavior and steps to encourage positive behaviors.

**Workshop Facilitator:** Kelly Lange, LMSW

**When:** Friday May 20<sup>th</sup>, 2022 at 11 AM EST

**Register Here:**

[https://us06web.zoom.us/meeting/register/tZUlcOuppjlsGNRI7y3Pjv2UQm0JnBABW\\_qi](https://us06web.zoom.us/meeting/register/tZUlcOuppjlsGNRI7y3Pjv2UQm0JnBABW_qi)

**Baby's First Year:** This workshop provides an overview of developmental milestones throughout the first year of life, general baby care, and best sleep practices.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Tuesday May 24<sup>th</sup>, 2022 at 10 AM EST

**Register Here:**

[https://us06web.zoom.us/meeting/register/tZltcO6sqzsoE9Eua4kBEyZ7tlwvVG\\_BpKok](https://us06web.zoom.us/meeting/register/tZltcO6sqzsoE9Eua4kBEyZ7tlwvVG_BpKok)

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

**Workshop Facilitator:** Eve Atkins, MA, LMSW

**When:** Tuesday May 31<sup>st</sup>, 2022 at 2 PM EST

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZEkf--rpzlgGdLmYaFm1aeQ0vKrcDDBkZD2>

## **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 Social Worker Ms. Eve Atkins, MA, LMSW** 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 0-5, parent-child bonding and attachment, and executive functioning in children with ADD/ADHD. Eve has been facilitating a range of parenting groups including Parenting Children with Special Needs, Parenting Discoveries, and The Parenting Journey, in addition to 1-time workshops. She is now offering short-term parent support services to parents of infants/toddlers ages 0-5 including Parent Coaching, Brief Therapy and Parent-Child Dyadic Therapy.



**Parent Center Senior Social Worker Ms. Kelly Lange, BSW, LMSW** joined our Parent Center Team in November 2021. She is a graduate of NYU's Silver School of Social Work and holds an undergraduate degree in social work as well. She was employed in the field of Child-Parent Psychotherapy Preventive Services from 2017-2020, and, in 2021, served as a Team Leader for NY Project Hope in response to the NYC COVID-19 public health crisis. She is clinically trained in Child-Parent Psychotherapy and trauma-focused interventions related to the impact of Adverse Childhood Experiences (ACEs) on the social and emotional development of infants, toddlers and children.



**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.