



MARCH 2023 PARENT CENTER WORKSHOPS

During the month of March, Henry Street Settlement's Parent Center will offer 1-time workshops on a range of parenting topics online at Zoom, facilitated by Parent Center licensed social work and mental health staff. See topics and Zoom registration links below.

All workshops are FREE and open to the public.

NOTE: Workshops are held online via ZOOM. 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](#). 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 please call 212.471.2400, x1831 or email ParentCenter@HenryStreet.org.

Encouraging Healthy and Happy Relationships in Children: This workshop will discuss the importance of friendships and relationships for children and their peers.

Workshop Facilitator: Jana Redzovic, MSW

When: Monday, March 6th at 12 PM EST

[Click Here to Register](#)

Navigating the Tween Years: For parents of children ages 8 to 12, this workshop focuses on developmental milestones during this time, possible challenges, and ways to effectively communicate and manage challenging behaviors.

Workshop Facilitator: Annie Mudick, MA, LMSW

When: Friday, March 10th at 2 PM EST

[Click Here to Register](#)

Healthy Eating Habits for Families: Learn the staples of a healthy diet for children and teens and how you can encourage healthy eating habits for the entire family.

Workshop Facilitator: Jana Redzovic, MSW

When: Monday, March 13th at 2 PM EST

[Click Here to Register](#)

Successful Co-parenting: This workshop focuses on how parents living in separate homes can utilize effective communication, conflict resolution plus a co-parenting plan to successfully parent their children together and help them to adjust.

Workshop Facilitator: Qiqi Liang, MHC-LP

When: Friday, March 17th at 10 AM EST

[Click Here to Register](#)

Internet Safety for Parents of Children and Teens: This workshop will focus on what children and teens are doing online and ways to protect your family, understand cyberbullying and its prevention and more.

Workshop Facilitator: Qiqi Liang, MHC-LP

When: Monday, March 20th at 12 PM EST

[Click Here to Register](#)

Parenting Children with Autism: Learn what autism is, the signs and symptoms of autism, and helpful techniques and strategies to parent children with autism.

Workshop Facilitator: Jana Redzovic, MSW

When: Friday, March 24th at 10 AM EST

[Click Here to Register](#)

Effective Discipline Techniques: Reviews 15+ effective discipline techniques, how to utilize in your home, and examples based on various ages.

Workshop Facilitator: Jana Redzovic, MSW

When: Friday, March 31st at 12 PM EST

[Click Here to Register](#)

ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS



Parent Center Social Worker Ms. Annie Mudick, MA, LMSW is a recent graduate of the NYU and Sarah Lawrence Dual Degree program to receive her Master's in Child Development and Social Work. Annie has years of experience working with children and families in a variety of contexts, such as preschools, summer camps, and behavioral clinics. She has experience with children ages 0 to 7, children with ODD, ADHD, and Autism, as well as families participating in Head Start programs. She has Bachelor's degrees from Tufts University in Child Development and Clinical Psychology, and is originally from Phoenix, Arizona.



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.



Parent Center Social Worker Ms. Jana Redzovic, MSW, is a graduate of NYU's Silver School of Social Work and holds an undergraduate B.S. degree in Psychology from Loyola University Chicago. She has experience working with children and families from diverse ethnic and cultural backgrounds in a range of settings including schools, homes, camps, and Early Head Start programs. She has additional expertise in the treatment of ADHD and anxiety disorders in children. She is fluent in Serbo-Croatian.