



April 2024 PARENT CENTER WORKSHOPS

During the month of April, 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.

Effective Communication Techniques: Learn effective ways to communicate with the people in your life and advocate for you and your children.

Workshop Facilitator: Annie Mudick, LMSW

When: Thursday, April 4th 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: Peko Wang, MSW Intern

When: Friday, April 5th at 11 AM EST

[Click Here to Register](#)

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

Workshop Facilitator: Annie Mudick, LMSW

When: Thursday, April 11th at 10 AM EST

[Click Here to Register](#)

Self-Care and Stress Management for Parents: This workshop is geared toward parents of children of any age and will provide information on the effects of stress, and concrete techniques to manage stress and practice self-care.

Workshop Facilitator: Peko Wang, MSW Intern

When: Friday, April 12th at 11 AM EST

[Click Here to Register](#)

How to Talk So Kids Will Listen + Listen So Kids Will Talk: For caregivers of children ages 4 to 10, this workshop will facilitate a discussion around teaching children about feelings, engaging cooperation from children, overcoming power struggles, and praise for good behaviors.

Workshop Facilitator: Annie Mudick, LMSW

When: Thursday, April 18th at 10 AM EST

[Click Here to Register](#)

Helping Children Cope After Trauma: Provides an overview of trauma responses in children and how parents and caregivers can help their children heal.

Workshop Facilitator: Annie Mudick, LMSW

When: Thursday, April 25th at 10 AM EST

[Click Here to Register](#)

Single Parenting: Managing Challenges and Finding Support: This workshop will address the rewards and challenges of being a single parent, and help parents manage their time and stress.

Workshop Facilitator: Peko Wang, MSW Intern

When: Friday, April 26th at 11 AM EST

[Click Here to Register](#)

ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS



Parent Center Social Worker Ms. Annie Mudick, MA, LMSW is a graduate of the NYU and Sarah Lawrence Dual Degree program and received 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 also has experience working with children ages 0 to 7 who are diagnosed with ODD, ADHD, and/or 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 Social Work Intern Ms. Sicheng Wang, or Peko, is a graduate-level MSW student at NYU's Silver School of Social Work. She is originally from China and is fluent in Mandarin. In 2022, she worked with older adults at Henry Street Settlement's NORC/Vladeck Cares program where she provided supportive counseling and case management services to older adults in the community. During her undergraduate years, she was employed in a mental health center where she provided counseling to university students.