



MAY 2025 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 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.

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: Annie Mudick, LMSW

When: Friday, May 2nd at 3:00pm EST

[CLICK HERE TO REGISTER](#)

What is Therapy? Provides information on different therapeutic modalities and what to consider when choosing a therapist for you or your child.

Workshop Facilitator: Annie Mudick, LMSW

When: Wednesday, May 7th at 3:00 PM EST

[CLICK HERE TO REGISTER](#)

Understanding Neurodivergence: This workshop will focus on defining neurodivergence, discussing resources, and sharing ways you as a parent can support your child.

Workshop Facilitator: Annie Mudick, LMSW

When: Thursday, May 15th at 3:00 PM EST

[CLICK HERE TO REGISTER](#)

Effective discipline techniques: This workshop will guide you through how to increase good behavior and decrease undesirable behaviors.

Workshop facilitator: Annie Mudick, LMSW

When: Wednesday, May 21st at 3:00 PM EST

[CLICK HERE TO REGISTER](#)

Stress Less for the Test: This workshop goes over ways that you can help your children handle test taking anxiety, be prepared for tests in school, and what you can do to help support them.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, May 30th at 3:00 PM EST

[CLICK HERE TO REGISTER](#)

ABOUT OUR PARENT CENTER WORKSHOP FACILITATOR



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 Degree 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.