



## **JULY 2025 PARENT CENTER WORKSHOPS**

**During the month of July, 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](mailto:ParentCenter@HenryStreet.org).

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**Single Parenting:** Provides information on how to support your mental health as a single parent, strategies to parent better, and ways to look for outside support.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Thursday, July 3rd at 3:00 PM EST

[CLICK HERE TO REGISTER](#)

**Helping Children Cope with Death, Loss, & Grief:** This workshop will provide information and guidance on how to provide your children with the necessary space to help them cope with death, loss, and/or grief.

**Workshop Facilitator:** Shannon Ganley, MHC-LP

**When:** Wednesday, July 9th at 3:00pm EDT

[CLICK HERE TO REGISTER](#)

**Encouraging Children to Read:** This workshop will provide parents strategies and tips on ways to create an environment at home that is great for your child to improve upon and practice reading skills.

**Workshop Facilitator:** Annie Mudick, MA, LMSW

**When:** Friday, July 11th at 2 PM EST

[CLICK HERE TO REGISTER](#)

**How to Talk So Kids Will Listen and Listen So Kids Will Talk:** Learn effective tools to actively listen to, engage cooperation from, and provide positive reinforcement for your child.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Wednesday July 16th at 2:00PM 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 difficult behaviors.

**Workshop Facilitator:** Shannon Ganley, MHC-LP

**When:** Thursday, July 17th at 3:00pm

[CLICK HERE TO REGISTER](#)

**How to Talk to Children About Domestic Violence:** This workshop will discuss ways to effectively talk with your children about domestic violence and what you can do as a parent to support you and your child's relationship.

**Workshop Facilitator:** Shannon Ganley, MHC-LP

**When:** Wednesday, July 23rd at 2:00pm

[CLICK HERE TO REGISTER](#)

**Helping Young Children Cope with Feelings:** This workshop reviews techniques you can use to teach your young child about emotions and how to regulate and cope with those emotions in the moment.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, July 25th at 2:00PM 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 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.



**Parent Center Mental Health Counselor Ms. Shannon Ganley, MHC-LP** is a graduate of NYU Steinhardt. Shannon received a master's degree in Counseling for Mental Health and Wellness and a post-master's advanced certificate in LGBT Health, Education, and Social Services. Prior to joining the Parent Center team, Shannon worked as a mental health counselor with young and middle-aged adults in Brooklyn. She has experience with individuals and couples navigating life transitions, interpersonal and familial relationships, and mental health issues such as anxiety and depression. Shannon received her bachelor's degree in Psychology and Computer Science from the College of the Holy Cross.