



## AUGUST 2025 PARENT CENTER WORKSHOPS

During the month of August, Henry Street Settlement's Parent Center will offer 1-time workshops on a range of parenting topics on Zoom, facilitated by Parent Center licensed social work and mental health staff. See topics and 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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**Self Care and Stress Management:** For parents and caregivers of all ages. Take some time to learn ways to take care of yourself so you can better take care of those you love.

**Workshop facilitator:** Annie Mudick, LMSW

**When:** Friday, August 1st at 2:00 PM EDT

[Click here to register!](#)

**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:** Shannon Ganley, MHC-LP

**When:** Wednesday, August 6th at 3:00 PM EDT

[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:** Friday, August 8th at 2:00 PM EDT

[Click here to register!](#)

**Your Baby's First Year:** A review of all the baby basics for the first year, including feeding, sleep, diapering, illness, and more.

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

**When:** Thursday, August 14th at 2:00 PM EDT

[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:** Friday, August 15th at 2:00 PM EDT

[Click here to register!](#)

**Consent 101:** Reviews the definition of consent within sexual relationships, shares the do's and don'ts of consent and how to communicate with your children about consent.

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

**When:** Wednesday, August 20th at 2:00 PM EDT

[Click here to register!](#)

**Engaging Children Through Play:** Discuss the value of play, and creative ways you can facilitate play and learning in your home.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, August 22nd at 2:00 PM EDT

[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:** Shannon Ganley, MHC-LP

**When:** Tuesday, August 26th at 3:00 PM EDT

[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.