



SEPTEMBER 2025 PARENT CENTER WORKSHOPS

During the month of September, 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.

Time Management: Learn strategies on how you can manage the hectic schedules around school, activities, work, and more.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Wednesday, September 3rd at 1:00 PM EDT

[CLICK HERE TO REGISTER](#)

Creating Healthy + Healing Boundaries: Learn about different types of boundaries and steps you can take to effectively set and maintain boundaries with people in your life.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, September 5th at 2:00pm EDT

[CLICK HERE TO REGISTER](#)

Dealing with Sibling Rivalry: Geared toward parents of children of all ages and focuses on what sibling rivalry is and why it happens, helping children identify and express their feelings, and how parents can best respond.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Wednesday, September 10th at 4:00 PM EDT

[CLICK HERE TO REGISTER](#)

Social Emotional Learning: This workshop provides a brief overview on social emotional learning, how to promote social emotional learning, and the benefits of doing so.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, September 12th at 2:00pm EDT

[CLICK HERE TO REGISTER](#)

What is an IEP and How Do I Get Services for My Child?: Special Guest Presenter Julia Rosner, Attorney at LSNY/Manhattan Legal Services, understands how difficult it is for parents to get services for their children with special needs. In this workshop, she will explain what to do if your child is not meeting developmental milestones; your child's right to a free and appropriate education; steps to get services like PT, counseling and a one-on-one para for your child; and what is an IEP?

Workshop Facilitator: Julia Rosner, Attorney - Manhattan Legal Services

When: Wednesday, September 17th at 2:00 PM EDT

[CLICK HERE TO REGISTER](#)

Help with Homework & Engaging Cooperation from Children: Learn techniques to help encourage your child to complete assigned homework and continue learning at home now that school is back in session.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, September 19th at 2 PM EDT

[CLICK HERE TO REGISTER](#)

Friendships, Cliques and Bullying: This workshop will discuss the importance of friendships, an overview of cliques and popularity, and how parents can discuss bullying with their children.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Tuesday, September 23rd at 1:00 PM EDT

[CLICK HERE TO REGISTER](#)

Burn Out, Compassion Fatigue and Secondary Trauma for Parents: Learn the signs of burnout, compassion fatigue and secondary trauma, ways to practice self-care and how to seek help.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, September 26th at 2 PM EDT

[CLICK HERE TO REGISTER](#)

Advocacy Techniques for Parents: This workshop discusses what advocacy is, what it is used for, and ways that you can advocate for yourself and the children in your life.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Tuesday, September 30th at 2:00 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.