



OCTOBER 2025 PARENT CENTER WORKSHOPS

During the month of October, 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.

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, October 3rd at 11:00am EDT

[CLICK HERE TO REGISTER](#)

Understanding Healthy vs. Unhealthy Relationships: Reviews characteristics of healthy, unhealthy and abusive relationships and how to talk with your child about relationships.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Tuesday, October 7th at 2:00pm EDT

[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: Annie Mudick, LMSW

When: Thursday, October 9th at 2:00pm EDT

[CLICK HERE TO REGISTER](#)

Building Self-Esteem and Positive Body Image in Children and Teens: Develop a further understanding of how self-esteem and body image develop in children and ways you can promote self-esteem and body image in your children and teens.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Tuesday, October 14th at 1:00pm EDT

[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, October 17th at 11:00am EDT

[CLICK HERE TO REGISTER](#)

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

Workshop facilitator: Shannon Ganley, MHC-LP

When: Tuesday, October 21st at 1:00pm EDT

[CLICK HERE TO REGISTER](#)

Talking to Kids About Gender Identity and Sexuality: Learn terms and other information related to gender identity and sexuality and ways to talk about these areas.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Tuesday, October 28th at 1:00pm 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, October 31st at 11:00am 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.