



DECEMBER 2025 PARENT CENTER WORKSHOPS

During the month of December, 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.

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: Tuesday, December 2nd at 1:00PM ET

[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, December 5th at 11:00 AM ET

[Click here to register!](#)

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: Shannon Ganley, MHC-LP

When: Tuesday, December 9th at 1:00PM ET

[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, December 12th at 11:00 AM ET

[Click here to register!](#)

Supporting Children with Comparison and Jealousy: As the holidays approach, children may struggle with feelings of comparison or jealousy. Learn how to explore these feelings with your children and work through them collaboratively in healthy, age-appropriate ways.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Tuesday, December 16th at 1:00PM ET

[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: Friday, December 19th at 11:00AM ET

[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: Monday, December 22nd at 4:00PM ET

[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.