



JANUARY 2026 PARENT CENTER WORKSHOPS

During the month of January, 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.

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: Shannon Ganley, MHC-LP

When: Tuesday, January 6th at 1:00pm ET

[**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, January 9th at 11:00am ET

[**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, January 13th at 1:00pm ET

[**Click here to register!**](#)

Executive Functioning: This workshop will help explain what executive functioning is and provide tips for both caregivers and children to help maximize organization, time management, and follow-through with tasks.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, January 16th at 11:00am ET

[**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, January 20th at 1:00pm ET

[Click here to register!](#)

Developmental Milestones: This workshop will cover what developmental milestones are, different milestones for different ages, as well as the importance of said milestones.

Facilitator: Annie Mudick, LMSW

When: Friday, January 23rd at 11:00am ET

[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: Tuesday, January 27th at 1:00pm ET

[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, January 30th at 11:00am 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.