



## FEBRUARY 2026 PARENT CENTER WORKSHOPS

During the month of February, 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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**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, February 3rd at 1:00 PM

[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:** Annie Mudick, MA, LMSW

**When:** Friday, February 6th at 11:00 AM

[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, February 10th at 1:00 PM

[Click here to register!](#)

**Childhood Fears and Separation Anxiety:** This workshop will cover common fears that children experience and why, ways to support children through their fears, separation anxiety at different ages, and how to handle your child's separation anxiety.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, February 13th at 11:00 AM

[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:** Shannon Ganley, MHC-LP

**When:** Tuesday, February 17th at 1:00 PM

[Click here to register!](#)

**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, February 20th at 11:00 AM

[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:** Thursday, February 24th at 1:00 PM

[Click here to register!](#)

**Helping Children Cope with Death, Loss, & Grief:** This workshop will provide information and guidance on how to provide your children with the necessary space to help them cope with death, loss, and/or grief.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Thursday, February 26th at 3:00 PM

[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.