



## MARCH 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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**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:** Shannon Ganley, MHC-LP

**When:** Tuesday, March 3rd at 2:00 PM

[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:** Annie Mudick, LMSW

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

[Click here to register!](#)

**Internet Safety for Parents of Children and Teens:** This workshop will focus on what children and teens are doing online and ways to protect your family, understand cyberbullying and prevention, and more.

**Workshop Facilitator:** Shannon Ganley, MHC-LP

**When:** Tuesday, March 10th at 1:00 PM

[Click here to register!](#)

**Healthy Eating Habits for Families:** Learn the staples of a healthy diet for children and how parents can encourage healthy eating habits for the entire family.

**Workshop Facilitator:** Annie Mudick, LMSW

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

[Click here to register!](#)

**Supporting Children with Comparison and Jealousy:** Children often 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, March 17th at 1:00 PM

[Click here to register!](#)

**Effective Communication Techniques:** Learn effective ways to communicate with the people in your life and advocate for you and your children.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, March 20th at 11:00 AM

[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, March 24th at 1:00 PM

[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:** Friday, March 27th at 11:00 AM

[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.