



JUNE 2026 PARENT CENTER WORKSHOPS

During the month of June, 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.

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: Tuesday, June 2nd at 1:00 PM

[Click here to register!](#)

Navigating the Tween Years: For parents of kids ages 8 to 12, this workshop covers milestones, possible challenges, ways to effectively communicate, and how to manage difficult behaviors.

Workshop Facilitator: Annie Mudick, LMSW

When: Wednesday, June 3rd at 3:00 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: Friday, June 12th at 11:00 AM

[Click here to register!](#)

Stress Less for the Test: This workshop goes over ways that you can help your children handle test taking anxiety, be prepared for tests in school, and what you can do to help support them.

Workshop Facilitator: Annie Mudick, LMSW

When: Wednesday, June 17th at 3:00 PM

[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, June 23rd at 1:00 PM

[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: Annie Mudick, LMSW

When: Wednesday, June 26th 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.