



## MAY 2026 PARENT CENTER WORKSHOPS

During the month of May, 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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**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, May 5th 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, May 8th at 11:00 AM

[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:** Shannon Ganley, MHC-LP

**When:** Tuesday, May 12th 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, May 15th 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, May 19th at 1:00 PM

[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, May 22nd at 11:00am

[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, May 26th at 1:00 PM

[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, May 29th at 11:00am

[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.