



# EVENTS at the PARENT CENTER

## Self-Care & Stress Management

*This workshop is geared toward parents of children any age and will provide information on the effects of stress, and concrete techniques to manage stress and practice self-care.*

**Wednesday, May 4<sup>th</sup> 10:00 AM to 11:30 AM**

**Henry Street Settlement Parent Center**

**281 East Broadway, New York, NY 10002**



**For more information and/or to RSVP, please contact  
Tera Gurney, LMSW at 212.471.2400 x 218.**

**Email: [tgurney@henrystreet.org](mailto:tgurney@henrystreet.org)**

**This is a FREE event.**