



EVENTS at the PARENT CENTER

Free Parenting Workshops!

These workshops will provide parents of children all ages with various concrete parenting skills; including effective discipline, communication, and more.

All workshops are held at the Parent Center
281 East Broadway, New York, NY

Registration is required. For more information or to RSVP, please contact
Rebecca Gerstein at **212.471.2400** and/or RGerstein@HenryStreet.org

Talking to Children about Sex: What to Say & When to Say It! (CHINESE ONLY): Educates parents on child sexual development and provides ways to talk to kids and encourage healthy and positive behaviors. **Wednesday May 17th 2:00 PM to 3:30 PM**

Friendships, Cliques and Bullying (ENGLISH ONLY): Discusses the importance of friendships, managing cliques and ways to communicate with children and teens about bullying. **Friday, May 19 10:30 AM to 12:00 PM**

Helping Children & Teens Cope After Trauma (CHINESE ONLY): Focuses on what trauma is, how trauma can impact children, and ways parents can support children and help them heal. **Monday, May 22nd 11:00 AM to 12:00 PM**

Self-Care & Stress Management (ENGLISH ONLY): Discusses the impact of stress and provides techniques to manage stress and promote self-care. **Tuesday, May 23rd 2:00 PM to 3:30 PM**

Effective Discipline Techniques: Explore discipline techniques that parents can use to manage challenging behaviors. **Tuesday, June 6th 10 AM to 11:30 AM**

Internet Safety for Parents of Children & Teens (SPANISH ONLY): Discuss what children are doing online, and address cyberbullying, sexting, and more. **Wednesday, June 7th 10 AM- 11:30 AM**

Effective Discipline Techniques (SPANISH ONLY): Explore discipline techniques that parents can use to manage challenging behaviors. **Thursday, June 15th 1:30 PM-3 PM**

Building Self-Esteem and Positive Body Image in Children & Teens: Share strategies that parents can use to build their child's self-esteem & promote positive and healthy self-image. **Wednesday, June 21 2PM-3:30PM**