



EVENTS at the PARENT CENTER

Free OCTOBER Parenting Workshops!

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, LMSW at **212.471.2400** and/or RGerstein@henrystreet.org.

Successful Co-Parenting (ENGLISH & MANDARIN): Workshop focusing on different parenting styles, effective communication, and conflict resolution skills. Great for parents and caregivers working together to raise children. **Tuesday October 3 from 6-7:30 PM @ Seward Park Library (192 East Broadway, NY, NY, 10028)**

Engaging Children Through Play & Creativity: Workshop for parents of children ages 0 to 8. Learn about the importance of play and creativity and how parents can use play to promote children's development. **Wednesday October 4 from 10-11:30 AM**

Successful Co-Parenting (IN MANDARIN): Workshop focusing on different parenting styles, effective communication, and conflict resolution skills. Great for parents and caregivers working together to raise children. **Wednesday October 11 from 2 -3:30 PM**

Helping Children & Teens Cope After Trauma: Focuses on how trauma affects children of all ages, and what parents can do to support their children after a trauma. **Thursday October 12 from 2-3:30 PM**

Know Your Rights Workshop (With Guest Speaker from the Civilian Community Complain Review Board): Provides practical advice on helping your children get through a police encounter safely and calmly, with their rights fully intact. **Tuesday October 17 from 2-3:30 PM**

How To Talk So Kids Will Listen & Listen So Kids Will Talk: A workshop for parents of children ages 5 and up. Learn how to engage cooperation from children, provide effective responses, encourage good behaviors, and more. **Wednesday October 18 from 2-3:30 PM**

Effective Discipline Techniques: Focuses on the difference between discipline and punishment, effective discipline methods, and ways to express love to your children. **Friday October 20 from 10 -11:30 AM**

Friendship, Cliques & Bullying: Provides information on the importance of friendships, managing cliques, and ways to communicate with children and teens about bullying. Workshop focuses on cyberbullying and ways parents can intervene. **Tuesday October 24 from 2-3:30 PM**

Internet Safety for Parents of Children & Teens (MANDARIN ONLY): Focuses on what children and teens are doing online, the safety risks associated with online use and what parents can do to prevent these risks, and what to do if their child has already become a victim. **Friday October 27 from 10-11:30 AM**

Dealing with Sibling Rivalry: Focuses on what sibling rivalry is and why it happens, helping children identity and express their feelings. Addresses do's and don'ts of dealing with sibling rivalry and how parents can best respond. **Tuesday October 31 from 2-3:30 PM**