



**HENRY STREET  
SETTLEMENT**

# The Parent Center

## **FREE Spring 2020 Parenting Workshops**

**All workshops are held at:**

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

**For more information or to register, please contact**

**Victoria Vargas, LCSW at (646)713-2839 and/or [vvargas@HenryStreet.org](mailto:vvargas@HenryStreet.org)**

**Or Carina Baker, LMSW at (646) 713-2847/ [cbaker@HenryStreet.org](mailto:cbaker@HenryStreet.org)**

**Helping Children Self-Regulate:** This workshop provides information on self-regulation, how to be attuned to your child's emotions through co-regulation, and how to respond to behaviors in the moment. **Childcare is not provided.**  
Monday, April 6<sup>th</sup>, 2020 from 10:00 am – 11:00 am

**Toddler Time:** This structured activity time is geared toward parents and toddlers ages 17 months to 3 years, inviting parents and their children to engage in play, yoga, music, dance, art activities, and more!  
Tuesday, April 7<sup>th</sup>, 2020 from 2:00 pm - 3:00 pm

**Effective Discipline:** This workshop focuses on the different effective discipline techniques and how to encourage positive behavior. **Childcare is not provided.**  
Thursday, April 9<sup>th</sup>, 2020 from 10:00 am – 11:00 am

**Single Parenting- Managing Challenges and Finding Support:** This workshop will focus on identifying challenges that single parents face and how to find resources and support to cope with these challenges. **Childcare is not provided.**  
Thursday, April 16<sup>th</sup>, 2020 from 10:00 am – 11:00 am

**Dealing with Sibling Rivalry:** Geared toward parents of children all ages and focuses on what sibling rivalry is and why it happens, helping children identify and express their feelings, and how parents can best respond. **Childcare is not provided.**  
Monday, April 20<sup>th</sup>, 2020 from 2:00 pm – 3:00 pm

**Toddler Time:** This structured activity time is geared toward parents and toddlers ages 17 months to 3 years, inviting parents and their children to engage in play, yoga, music, dance, art activities, and more!  
Tuesday, April 21<sup>st</sup>, 2020 from 2:00 pm - 3:00 pm

**Tech Talk & Internet Safety:** This workshop focuses on what children and teens are doing online, managing screen time, and talking to children/teens about digital decision making. **Childcare is not provided.**  
Thursday, April 30<sup>th</sup>, 2020 from 2:00 pm – 3:00 pm

**Cooperative Co-Parenting:** This workshop focuses on separated/divorced parents and why cooperative co-parenting is important, ways to manage challenges, and how parents can help their children adjust to the separation. **Childcare is not provided.**  
Thursday, May 14<sup>th</sup>, 2020 from 2:00 pm – 3:00 pm



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**Time Management:** Geared toward parents with children of any age. This workshop focuses on different techniques that parents can utilize to manage their time effectively as well as learning how to encourage cooperation from their children. **Childcare is not provided.**

**Monday, June 1<sup>st</sup>, 2020 from 2:00 pm - 3:00 pm**

**Talking to Children about Sex:** This workshop focuses on child/teen sexual development and how to utilize effective communication techniques to engage your children in a discussion about this topic. **Childcare is not provided.**

**Wednesday, June 3<sup>rd</sup>, 2020 from 10:00am- 11:00am**

**Advocacy Techniques:** This workshop will provide concrete tools for parents to navigate various systems like ACS, school, court, and more! We will discuss how to be a strong advocate for yourself and for your family. **Childcare is not provided.**

**Monday, June 8<sup>th</sup>, 2020 from 10:00 am – 11:00 am**

**Encouraging Healthy and Positive Relationships:** This workshop focuses on the social and emotional development of children, the importance of healthy friendships, and how parents can talk to their teens about dating and healthy relationships. **Childcare is not provided.**

**Wednesday, June 10<sup>th</sup>, 2020 from 10:00 am - 11:00 am**

**Talking to Children about Domestic Violence:** This workshop focuses on the feelings and behaviors of children who have witnessed abuse/violence in the home, benefits of talking to children in an age appropriate manner, ways parents can speak with their child about the violence, and how to help them deal with transitions. **Childcare is not provided.**

**Monday, June 15<sup>th</sup>, 2020 from 2:00 pm - 3:00 pm**

**Effective Communication:** This workshop focuses on helping parents learn techniques for how to improve communication with their children, how reflective and active listening can improve communication with children and teens. **Childcare is not provided.**

**Monday, June 22<sup>nd</sup>, 2020 from 2:00 pm- 3:00 pm**

**Helping Children Cope After Trauma:** This workshop focuses on what trauma is and the various types, how trauma can affect children at different ages, and what parents can do to support their children and help them heal.

**Childcare is not provided.**

**Wednesday, June 24<sup>th</sup>, 2020 from 10:00 am – 11:00 am**