



**HENRY STREET
SETTLEMENT**

The Parent Center

FREE Spring 2020 Parenting Workshops

All workshops will be held online through Zoom video conferencing. Participants will need to be able to access the Zoom app on their phone or computer in order to participate.

**For more information or to register, please contact
Victoria Vargas, LCSW at (646) 713-2839 and/or vvargas@HenryStreet.org
Or Carina Baker, LMSW at (646) 713-2847/ cbaker@HenryStreet.org**

Effective Discipline: This workshop focuses on the different effective discipline techniques and how to encourage positive behavior. **Childcare is not provided.**

Thursday, May 14th, 2020 from 3:00 pm – 4:00 pm

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.**

Thursday, May 28th, 2020 from 3:00 pm – 4:00 pm

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.**

Thursday, June 4th, 2020 from 3:00 pm - 4:00 pm

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.**

Thursday, June 11th, 2020 from 3:00 pm – 4:00 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.**

Thursday, June 18th, 2020 from 3:00 pm- 4:00 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.**

Thursday, June 25th, 2020 from 3:00 pm – 4:00 pm