



**HENRY STREET
SETTLEMENT**

The Parent Center

FREE JULY / AUGUST 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, computer, or other device in order to participate.

For more information or register, please contact:

Victoria Vargas, LCSW at (646) 713-2839 and/or vvargas@HenryStreet.org
Or Carina Baker, LMSW at (646) 713-2847 and/or cbaker@HenryStreet.org

Potty Training: Geared toward parents of who have toddlers between the ages of 15 months to 3 years. Parents will be provided with different techniques and tips to help them prepare for potty training, such as positive reinforcement. Workshop also provides different information on when to start potty training and how to know when your toddler is ready to be potty trained. **Childcare is not provided.**

Wednesday, July 1st, 2020 from 2:00 pm – 3:00 pm

Engaging Children Through Play & Creativity: This workshop focuses on the importance of play and creativity, interactive activities that parents can utilize to engage their children as well as promote their social and emotional development and attachment. **Childcare is not provided.**

Wednesday, July 8th, 2020 from 2:00 pm – 3:00 pm

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.

Thursday, July 9th, 2020 from 10:00 am – 11:00 am

Self-Care and Stress Management: This workshop focuses on the effects of stress, concrete techniques to manage stress, emotional regulation, and a self-care assessment. **Childcare is not provided.**

Wednesday, July 15th, 2020 from 2:00 – 3:00 pm

Navigating the Tween Years: This workshop focuses provides information on child and adolescent development, discusses the challenges of parenting “twens,” discipline, communication, and more!

Childcare is not provided.

Thursday, July 16th, 2020 from 10:00 am – 11:00 am

Baby's First Year: Geared towards expecting parents and parents with babies under 12 months.

Workshop provides information on developmental milestones, SIDS, oral care, separation anxiety, and skin care. **Childcare is not provided.**

Tuesday, July 21st, 2020 from 2:00 – 3:00 pm



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Friendships, Cliques, & Bullying: This workshop provides information on the importance of healthy friendships and ways to communicate with children and teens about bullying. Workshop provides a special focus on cyber bullying, and ways parents can intervene. **Childcare is not provided.**

Thursday, July 23rd, 2020 from 10:00 am – 11:00 am

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

Tuesday, July 28th, 2020 from 2:00 pm – 3:00 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, July 30th, 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.**

Wednesday, August 5th, 2020 from 2:00 pm – 3:00 pm

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, August 6th, 2020 from 10:00 am – 11:00 am

Building Self-Esteem and Positive Body Image: This workshop focuses on techniques parents can use to build self-esteem and body image in their children, opportunities to reflect on issues of body image, and different ways to get the conversation started. **Childcare is not provided.**

Wednesday, August 12th, 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.**

Wednesday, August 19th, 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.**

Tuesday, August 25th, 2020 from 2:00 pm – 3:00 pm