



FREE SEPTEMBER / OCTOBER 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

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.

Monday, September 28th, 2020 from 11:00 am – 12:00 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.

Tuesday, September 29th, 2020 from 2:00 pm – 3:00 pm

Help with Homework: This workshop provides concrete examples of how parents can help encourage their children to read at home and how to engage cooperation.

Wednesday, September 30th, 2020 from 11:00 – 12:00 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. **Monday, October 5th, 2020 from 2:00 pm – 3:00 pm**

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.

Tuesday, October 6th, 2020 from 2:00 pm – 3:00 pm.

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.

Wednesday, October 7th, 2020 from 10:00 am – 11:00 am



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. **Wednesday, October 7th, 2020 from 2:00 – 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.

Tuesday, October 13th, 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.

Wednesday, October 14th, 2020 from 10:00 am – 11:00 am

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.

Thursday, October 15th, 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.

Monday, October 19th, 2020 from 2:00 – 3:00 pm

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.

Tuesday, October 20th, 2020 from 2:00 – 3:00 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.

Monday, October 26th, 2020 from 2:00 pm – 3:00 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.

Thursday, October 29th, 2020 from 2:00 pm – 3:00 pm