



DECEMBER 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 and also

to pre-register. See workshop topics and pre-registration links below.

For more information, call 212.471.2400 and/or email ParentCenter@HenryStreet.org

Parent Center Workshop Facilitator - Ms. Tera Gurney, LCSW



About: Tera is a Licensed Clinical Social Worker with 10 years of experience within various non-profits in New York City and Chicago. She has worked within the foster care and adoption field, as well as with survivors of sexual violence, providing short-term clinical interventions and specialized trainings. Tera specializes in developing curriculum and delivering trainings on many different topics. She has developed over 25 training programs focusing on parenting skills, mental health, and working with survivors of sexual violence, and has presented at the Chicagoland Title IX Consortium Conference and National Association of Social

Workers Illinois Statewide Conference. She is the proud mom of two sons and is looking forward to rejoining the Henry Street Settlement Parent Center team.

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, December 8th, 2020 from 2:00 pm – 3:00 pm **To register, click here:**

<https://zoom.us/meeting/register/tJltdeGrrjouEtICU-RY5LfxKKsItAI5IMk>

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. Tuesday, December 15th, 2020 from 2:00 pm – 3:00 pm. **To register, click here:**

https://zoom.us/meeting/register/tJYlfu-rqjMrHtd8AbB6-fSOE6g0ubx_ODTy

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. Tuesday, December 22nd, 2020 from 2:00 pm – 3:00 pm **To register, click here:**

[https://zoom.us/meeting/register/tJlvdeyupjlsGdJrzxgXyAPaEDLCYXrq2djg](https://zoom.us/join/zoom/register/tJlvdeyupjlsGdJrzxgXyAPaEDLCYXrq2djg)

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. Monday, December 28th, 2020 from 11:00 am – 12:00 pm **To register, click here:**

<https://zoom.us/meeting/register/tJEofu2przwoGtP3Am184mBIO7uru9k0tegG>

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. Tuesday, December 29th, 2020 from 2:00 – 3:00 pm **To register, click here:**

https://zoom.us/meeting/register/tJYqcOqvqTktHdS_ajTegrc702-3XRMTedHq