



JANUARY/FEBRUARY 2021 PARENT CENTER WORKSHOPS



Parent Center Workshop Facilitator Ms. Tera Gurney, LCSW is a Licensed Clinical Social Worker with over ten years of professional experience in the field of parenting education, mental health and treatment of survivors of sexual violence. She served as Parent Center Social Worker/Program Coordinator from 2014-2017 and has since developed a wide range of family-centered trainings to support healthy child and family development. Tera has presented at national

conferences including the Chicagoland Title IX Consortium Conference and National Association of Social Workers Illinois Statewide Conference. She is the proud mother of two young sons including a baby boy born in 2020.

NOTE: Workshops are held online via ZOOM video conferencing. Participants need to access the ZOOM App on their phone, computer, or other device in order to participate. For more information about how to download and use Zoom, click here:

<https://www.youtube.com/watch?v=fVu9BILRkww>

Workshops require pre-registration. Please see topics, dates, times and registration links below. After registering, you will receive a confirmation email containing information about joining the meeting. Participants requesting a Parenting Workshop Certificate will need to arrive no later than 15 minutes after the start of the workshop. For more information and/or if you have additional questions, please contact Qiqi Liang, MHC at QLiang@HenryStreet.org or email ParentCenter@HenryStreet.org

Navigating Remote School & Learning

When: Tuesday Jan 12, 2021 02:00 PM Eastern Time (US and Canada)

This workshop provides 10+ techniques that you can utilize in your home to help your children succeed with remote learning and manage some of the challenges that come with navigating remote learning. **Register here:**

https://zoom.us/meeting/register/tJEvcO2urT0rE9JU2Fm3_zMIF9HDBVZUMohG

Creating Healthy & Healing Boundaries in Your Life – For Yourself & Your Family

When: Tuesday Jan 19, 2021 02:00 PM Eastern Time (US and Canada)

This workshop will discuss the benefits of setting boundaries in our personal and professional lives, specific ways you can set and maintain these boundaries and opportunities for practice.

Register here: <https://zoom.us/meeting/register/tJMkf-uoqTwoEtVnVMC2LkhvfoLDFbLYUQBb>

Encouraging Healthy & Positive Relationships in Children & Teens**When: Tuesday Jan 26, 2021 02:00 PM Eastern Time (US and Canada)**

This workshop focuses on how parents can encourage positive friendships in early childhood and how to talk to their teens about dating and healthy relationships. **Register here:**

<https://zoom.us/meeting/register/tJMkduqh pzgrG9AKbfxhowlgsBbq5OBNA-o5>

Helping Young Children Self-Regulate and Cope with Emotions**When: Tuesday February 2, 2021 02:00 PM Eastern Time (US and Canada)**

This workshop will help parents learn how to encourage their children to talk about their feelings, how to respond in the moment, promote self-regulation, teach calming techniques and more. **Register here:**

https://zoom.us/meeting/register/tJYkcOquqTljGtAHC_Mkq8XYsste6PMxc32y