



April 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 Zoom 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

Engaging Young Children Through Play & Creativity

When: Thursday Apr 1, 2021 10-11 AM EST

Designed for caregivers of young children, this workshop will provide an overview of the different types of play and why imaginative play with your child/children is so important to fostering attachment and healthy development and ways to engage in play that is fun for the whole family.

Register here: <https://zoom.us/join/zoom/register/tJcudO2grzlvHNQJXbcZBbCZyxEUD5RIQeE4>

What is "Therapy" & How Can it Help?

When: Thursday April 8, 2021 10-11 AM EST

This workshop will give a basic overview of what "therapy" is – mental health counseling – and will provide information on various therapeutic modalities and discuss why therapy is important and how it can help. **Register here:** <https://zoom.us/join/zoom/register/tJ0ocuGtrTwsEtIUU4-rWBSQB7niQT7ZPI-x>

Pregnant in a Pandemic: One-Time Support Session for Expectant Mothers

When: Thursday April 15, 2021 10-11 AM EST

This will be an informal session where expectant mothers can come together and share feelings about pregnancy during the COVID-19 pandemic and related challenges, and to explore ways to practice self-care and to prepare for birth during this historic time.

Register here: <https://zoom.us/join/zoom/register/tJYtd-yvqTsuHNLud94ozDGCD2s3O7muBTCw>

Coping with Secondary Trauma and Parenting During COVID**When: Thursday April 22, 2021 10-11 AM EST**

This workshop will include a comprehensive overview of “trauma” and related feelings of burn-out – and what defines “secondary trauma” and how parents who have experienced one, the other, or both can best cope while caring for their children.

Register here: https://zoom.us/meeting/register/tJwkce2prT4iHdB9fqB_n8nSnH0XITIRufhh

Effective Discipline Techniques**When: Thursday April 29, 2021 10-11 AM EST**

Join our Parent Center to learn 15+ effective discipline techniques that caregivers can use with children of all ages. **Register here:** <https://zoom.us/meeting/register/tJUodeqrpzkvHdxVKM0-eLxlc6N-k9mP5huE>