



## JUNE 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](mailto:QLiang@HenryStreet.org) or email [ParentCenter@HenryStreet.org](mailto:ParentCenter@HenryStreet.org)

### **Toddlers, Tantrums and Potty Training**

**WHEN:** Thursday, June 10, 2021 – 10-11 AM EST

This workshop will provide an overview of developmental milestones in toddlerhood, and review techniques to manage tantrums, and ways to set the stage for successful potty training.

**REGISTER HERE:** <https://zoom.us/meeting/register/tJlvc--orjsqGNeASCjCld8zwVQP6xpjN9Lw>

### **Self-Care and Stress Management**

**WHEN:** Thursday, June 17, 2021 – 10-11 AM EST

This workshop focuses on the effects of stress, concrete techniques to manage stress, emotional regulation, and a self-care assessment.

**REGISTER HERE:** <https://zoom.us/meeting/register/tJwtceiprTkjH9xgriPCqJtZ0uZR4G41erN5>

### **Talking to Kids About Sex: What to Say and When to Say It**

**WHEN:** Thursday, June 24, 2021 – 10-11 AM EST

This workshop will present an overview of sexual development in children and teens, and provide concrete ways caregivers can speak with their children and teens about healthy sexuality, in an open and honest manner that encourages questions and communication.

**REGISTER HERE:** <https://zoom.us/meeting/register/tJUrd-yspj0qGtJt2NIUUO754urgBNVsc6f>

**How to Talk So Kids Will Listen & Listen So Kids Will Talk**

**WHEN: Thursday, July 1, 2021 – 10-11 AM EST**

This workshop is designed for caregivers of children ages 4 to 10, and will facilitate discussion around teaching children about feelings, engaging cooperation from children, overcoming conflicts and power struggles, and praise for good behaviors

**REGISTER HERE:** <https://zoom.us/meeting/register/tJcsfu-rpjljHNFzuVhCJVb8UAxyJEMGXDo6>