



AUGUST 2021 PARENT CENTER WORKSHOPS

During the month of August, Henry Street Settlement's Parent Center will continue to offer a range of 1-time workshops on a range of parenting topics (see below) in English or Chinese, facilitated by Parent Center social work and/or mental health staff. See workshop topics and Zoom registration links below. All workshops are FREE and open to the public.

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 call 212.471.2400, x. 1813 or email ParentCenter@HenryStreet.org

SUCCESSFUL CO-PARENTING 成功的父母教育配合 [FOR CHINESE SPEAKERS]

WORKSHOP FACILITATOR: QIQI LIANG, MHC-LP

WHEN: Tuesday, August 3, 2021 – 10-11 AM

针对所有年龄段的孩子的父母，讨论共同育儿是什么，为什么重要，共同养育的挑战，管理挑战的方式（有效沟通，减少冲突和制定育儿计划）。研讨会的重点是分居/离婚的父母以及父母如何帮助他们的孩子适应分离和新的共同抚养计划。

REGISTER HERE: https://zoom.us/join/zoom/register/tJYqduquqz8tEtGGS_y5bG-UeJsJ6MI3XTih

TIME MANAGEMENT

WORKSHOP FACILITATOR: TERA GURNEY, LCSW

WHEN: Thursday, August 5, 2021 – 10-11 AM

This workshop will focus on time management techniques the whole family can use to promote smooth transitions and establish successful day-to-day routines.

REGISTER HERE: <https://us06web.zoom.us/join/zoom/register/tZctd-2rrzIvG9JXXFtLdIhiCBMiR8T2w26D>

INTERNET SAFETY FOR PARENTS 互联网安全 [FOR CHINESE SPEAKERS]

WORKSHOP FACILITATOR: QIQI LIANG, MHC-LP

WHEN: Tuesday August 10, 2021 – 10-11 AM

针对所有年龄段孩子的父母。关于儿童和青少年在网上做什么，与可利用的在线安全风险（网络欺凌，揭露个人信息，色情短信和在线征集）。讨论父母可以采纳的措施来预防这些风险以及如何面对孩子或青少年成为受害者。

REGISTER HERE: <https://zoom.us/join/zoom/register/tJMtdUgPrz0jG9MOg05MzfOJczCCDRpBmQnG>

ADVOCACY TECHNIQUES FOR PARENTS

WORKSHOP FACILITATOR: TERA GURNEY, LCSW

WHEN: Thursday, August 12, 2021 – 10-11 AM

This workshop will provide ways that parents can advocate for themselves and their children to ensure they're receiving what they need to be successful in school and beyond.

REGISTER HERE: <https://us06web.zoom.us/meeting/register/tZAkd-moqDivH9L45gzqQfNFtQBnmUhmQ08->

HELPING CHILDREN TRANSITION TO IN-PERSON LEARNING

WORKSHOP FACILITATOR: TERA GURNEY, LCSW

WHEN: Thursday, August 19, 2021 – 10-11 AM

This workshop will include several strategies to help transition children from remote learning to the classroom environment, and how parents can manage big feelings around this transition.

REGISTER HERE: <https://us06web.zoom.us/meeting/register/tZYlc-Ghpz0sGtzmkGNNpIJ7hQoGiaOD28ED>

ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS



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.



Parent Center Mental Health Counselor Ms. Qiqi Liang, MHC-LP is a bilingual Mental Health Counselor fluent in Chinese including Mandarin and Cantonese dialects. She completed her MA Degree in Mental Health Counseling at the Nyack College Alliance Graduate School of Counseling (AGSC). Prior to joining the Parent Center Team in 2020, she conducted intakes and facilitated supportive counseling groups at Henry Street Settlement's Community Consultation Center in the PROS Program. Qiqi is also employed part-time in a private psychotherapy practice. She is a new mother of a young infant boy.