



## SEPTEMBER 2021 PARENT CENTER WORKSHOPS

**During the month of September, Henry Street Settlement's Parent Center will offer a range of 1-time workshops on a range of parenting topics (see below) in English or Chinese online at Zoom, 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 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](mailto:ParentCenter@HenryStreet.org)

### **Helping Young Children Self-Regulate & Cope with Emotions**

**Workshop Facilitator: Tera Gurney, LCSW**

**When: Thursday September 2, 2021 – 10-11 AM**

This workshop will focus on ways caregivers can help their young children recognize and communicate their feelings and self-regulate in the moment.

**REGISTER HERE:**

<https://us06web.zoom.us/join/joinmeeting/register/tZ0tdO2qqDsjGNETAp7PGyftkqnGjsXV2MTJ>

### **Preparing NYC Students & Families for In-Person Learning - An Open Forum Session 1**

**Workshop Facilitators: Eve Atkins, MA, MSW & Qiqi Liang, MHC-LP**

**When: Wednesday September 8, 2021 - 10-11:30 AM**

An open forum and discussion facilitated by Parent Center social work and mental health staff regarding preparing students for transitioning to in-person learning and steps to calm anxiety, increase safety for families, and best practices for joining NYC's recovery from the COVID-19 pandemic

**REGISTER HERE:**

<https://us06web.zoom.us/join/joinmeeting/register/tZUtceyprDwoHNSs7myuos0TsxeuhRhwgGSf>

### **Dealing with Sibling Rivalry**

**When: Thursday September 9, 2021 – 10-11 AM**

**Workshop Facilitator: Tera Gurney, LCSW**

This workshop will present techniques caregivers can use to manage sibling rivalry – bickering between children – and how to respond in the moment.

**REGISTER HERE:**

<https://us06web.zoom.us/join/joinmeeting/register/tZAodequpi4sH9aVoju35yWnCn55NWMxTxvl>

## **Preparing NYC Students & Families for In-Person Learning - An Open Forum Session 2**

**Workshop Facilitators:** Eve Atkins, MA, MSW & Qiqi Liang, MHC-LP

**When:** Friday September 10, 2021 - 10-11:30 AM

An open forum and discussion facilitated by Parent Center social work and mental health staff regarding preparing students for transitioning to in-person learning and steps to calm anxiety, increase safety for families, and best practices for joining NYC's recovery from the COVID-19 pandemic

**REGISTER HERE:**

<https://us06web.zoom.us/meeting/register/tZcudeiorDMiG9VEcqUmydcDhLDpyee7BLBW>

## **Taking Care of YOU: Self-Care Reminders for New Parents**

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday September 16, 2021 – 10-11 AM

New parents often face unexpected stressors and challenges and so this workshop will explore ways parents can care for themselves while also caring for newborns, infants, toddlers and young children.

**REGISTER HERE:**

<https://us06web.zoom.us/meeting/register/tZUvc-Cppz4jG9dzeuWDCMLlgTYQZztzyHyr>

## **Effective Discipline 有效的教养方式和技巧 [For Chinese Speakers]**

**Workshop Facilitator:** Qiqi Liang, MHC-LP

**When:** Wednesday September 22, 2021 – 2-3 PM

此讲座面向各个年龄段孩子的家长, 重点讲教养和惩罚的区别、有效的教养方式、以及如何表达对孩子的爱

**REGISTER HERE:**

[https://us06web.zoom.us/meeting/register/tZEpdugqgpojGdy3y\\_dFhvb1pX48mu5Jv121](https://us06web.zoom.us/meeting/register/tZEpdugqgpojGdy3y_dFhvb1pX48mu5Jv121)

## **Encouraging Healthy Eating & Exercise for Kids**

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday September 23, 2021 – 10-11 AM

Learn about healthy eating habits for children and how to incorporate healthy eating and exercise for the whole family.

**REGISTER HERE:**

<https://us06web.zoom.us/meeting/register/tZApduqsrz0tEt1JOG9VucydKzwbs6V2tNbv>

## **Internet Safety for Parents 互联网安全 [For Chinese Speakers]**

**Workshop Facilitator:** Qiqi Liang, MHC-LP

**When:** September 29, 2021 – 2-3 PM

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://us06web.zoom.us/meeting/register/tZYscOytrz8iEtRL9m-rSpMzQbJ8UVs5iNIB>

## **Help with Homework: Communication with Your Children & Engaging Cooperation**

**Workshop Facilitator: Tera Gurney, LCSW**

**When: Thursday September 30, 2021 – 10-11 AM**

This workshop will discuss a range of strategies to encourage your child to complete homework and seek help when needed.

**REGISTER HERE:**

<https://us06web.zoom.us/meeting/register/tZErcOyurjovEtfHlzMjVYM4QLyw6FaRQG>

### **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 Group Facilitator Ms. Eve Atkins, MA MSW** has a dual degree in Social Work and Child Development from NYU's Silver School of Social Work and Sarah Lawrence College. Her area of expertise is in infants/toddlers ages 0-3, parent-child bonding and attachment, and executive functioning in children with ADD/ADHD. Eve joined our Parent Center Team in fall 2019, and has been co-facilitating a range of parenting groups together with **Ms. Qiqi Liang, MHC-LP** including Parenting Children with Special Needs, Parenting Discoveries, Anger Management for Parents, and The Parenting Journey, in addition to 1-time workshops, 1-1 parent consultations, and short-term/brief psychotherapy.



**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.