



## DECEMBER 2021 PARENT CENTER WORKSHOPS

During the month of December, Henry Street Settlement's Parent Center will offer 1-time workshops on a range of parenting topics (see below) online at Zoom, facilitated by Parent Center licensed social work 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)

**Toddlers, Tantrums, and Potty Training:** Learn about developmental milestones in toddlerhood, how to avoid and manage tantrums, and tips for starting the potty training journey.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday 12/2 at 10 AM EST

**Register Here:** [https://us06web.zoom.us/meeting/register/tZlucGprjMuGN0QozAe1-3pNX\\_vHQhycgWX](https://us06web.zoom.us/meeting/register/tZlucGprjMuGN0QozAe1-3pNX_vHQhycgWX)

**Dealing with Sibling Rivalry:** This workshop will present techniques that caregivers can use to manage sibling rivalry—bickering between children—and how to respond in the moment.

**Workshop Facilitators:** Eve Atkins, MA, MSW & Sarah Sheinkopf, MA, MSW

**When:** Friday 12/3 at 2 PM EST

**Register Here:** <https://us06web.zoom.us/meeting/register/tZYrf--rpjwoHtABG-ingXvq7mO8u3nUT9gK>

**Successful Co-Parenting:** Explore different types of co-parenting relationships, discuss tips for communication and developing an effective parenting plan.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday 12/9 at 10 AM EST

**Register Here:** <https://us06web.zoom.us/meeting/register/tZclcOCqpjwvH9c78-a16Xbs9ELJBEjh2PR8>

**Executive Functioning:** This workshop will help explain what executive functioning is and provide tips and tricks for both caregivers and children to help maximize organization, time management, and follow-through with tasks.

**Workshop Facilitators:** Eve Atkins, MA, LMSW & Sarah Sheinkopf, MA, MSW (C)

**When:** Monday 12/13 at 2 PM EST

**Register Here:** <https://us06web.zoom.us/meeting/register/tZErcOigqj0uHNdDtNMsq7-pbjHrV8WtE1m>

**Your Baby's First Year:** A review of all the baby basics for the first year, including feeding, sleep, diapering, illness, and more.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Wednesday 12/15 at 1 PM EST

**Register Here:**

[https://us06web.zoom.us/meeting/register/tZcqcO2qrD4vHtHyGpNxvTwxZo\\_F2OQS3Kr3](https://us06web.zoom.us/meeting/register/tZcqcO2qrD4vHtHyGpNxvTwxZo_F2OQS3Kr3)

**From Child to Teen—Navigating the “Tween” Years:** Discuss effective ways to communicate with your “tween”, engage cooperation from them, and help them manage transitions through this pre-teen stage of development.

**Workshop Facilitator:** Tera Gurney, LCSW

**When:** Thursday 12/16 at 10 AM EST

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZlvcuqvrljliHtX7DVVezxaVci5LjBY1UDFW>

**Helping Children Self-Regulate and Cope with Emotions:** Explore ways to encourage children to talk about their feelings, and learn calming techniques, how to respond to their feelings, and how to promote self-regulation.

**Workshop Facilitator:** Kelly Lange, LMSW

**When:** Tuesday 12/21 at 11 AM EST

**Register Here:**

<https://us06web.zoom.us/meeting/register/tZEvfugtqzgvE9NhLXNY6LBNQkl4Vpi4YddR>

## 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 Social Worker Ms. Eve Atkins, MA, LMSW** 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 0-5, parent-child bonding and attachment, and executive functioning in children with ADD/ADHD. Eve has been facilitating a range of parenting groups including Parenting Children with Special Needs, Parenting Discoveries, and The Parenting Journey, in addition to 1-time workshops. She is now offering short-term parent support services to parents of infants/toddlers ages 0-5 including Parent Coaching, Brief Therapy and Parent-Child Dyadic Therapy.



**Parent Center Senior Social Worker Ms. Kelly Lange, BSW, LMSW** joined our Parent Center Team in November 2021. She is a graduate of NYU's Silver School of Social Work and holds an undergraduate degree in social work as well. She was employed in the field of Parent-Child Psychotherapy Preventive Services from 2017-2020, and, in 2021, served as a Team Leader for NY Project Hope in response to the NYC COVID-19 public health crisis. She is clinically trained in Parent-Child Psychotherapy and trauma-focused interventions related to the impact of Adverse Childhood Experiences (ACES) on the social and emotional development of infants, toddlers and children.