



February 2022 PARENT CENTER WORKSHOPS

During the month of February, 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

Encouraging Healthy Eating + Exercise for the Family: This workshop will share information on the best foods for raising healthy children, tips to keep meals nutritious and how to incorporate exercise into daily life.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday 2/3/2022 at 10 AM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZMkce2vpzooHtWeEL52eKtv-4Kqs2g2-p1u>

Engaging Children Through Play and Creativity: 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. We will also discuss the impact COVID has had on how children play, and offer ways to engage in play that are fun for the whole family.

Workshop Facilitator: Eve Atkins, MA, LMSW

When: Tuesday 2/8/2022 at 2:30 PM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZAldeGorjigGNBQnSlCa8kpBu6DbpT2s36d>

Dealing with Sibling Rivalry: This workshop will provide parents with useful tips to manage siblings when they bicker in the moment and help them to communicate effectively.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday 2/10/2022 at 10 AM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZArd-GtrJliGtUsU9VwKW5irKeRelqoOojx>

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

Workshop Facilitator: Kelly Lange, LMSW

When: Friday 2/11/2022 at 11 AM EST

Register Here:

https://us06web.zoom.us/meeting/register/tZl0cu6tqDgrG9JmFeQp-vM8zVK_62XnjOVN

Taking Care of YOU: Self-Care Tips for New Parents: This workshop is designed specifically for parents of babies, toddlers and young children. We also explore ways you can incorporate self-care into your day and positive reminders when handling the varied challenges of raising kids.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday 2/17/2022 at 10 AM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZ0sce-orTosGdMJPxndcuq0amP8Vs0NC2gG>

Thursday 2/24 at 10AM EST: Teaching Children + Teens About Consent: This workshop will discuss how parents can talk to their children and teens about consent, especially regarding sexual activity, and tips to start the conversation and resources to share.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday 2/24/2022 at 10 AM EST

Register Here:

https://us06web.zoom.us/meeting/register/tZcrcOGrpjwEtF17M9dE_Z32sB781N3G_k8

Building Self-Esteem and Positive Body Image in Children and Teens: This workshop will focus on techniques to help build self-esteem and positive body image, as well as different ways to talk about these issues with your children.

Workshop Facilitator: Kelly Lange, LMSW

When: Friday 2/25/2022 at 11 AM EST

Register Here:

https://us06web.zoom.us/meeting/register/tZMsc--vpjwrG9Y6JgpKHOJdM_eZcV7NzMb0

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 Child-Parent 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 Child-Parent 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.