



JANUARY 2022 PARENT CENTER WORKSHOPS

During the month of January 2022, 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

Creating Healthy & Healing Boundaries: A workshop that explores what are healthy boundaries and how to set these healthy boundaries with people in your life.

Workshop Facilitator: Tera Gurney, LCSW

When: Tuesday 1/11/2022 at 1 PM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZcldOqspz4qGN1AXmgxz0jTTw22sCZti7Qq>

Engaging Children Through Play and Creativity: Designed for caregivers of young children, this workshop will provide an overview of different types of play and explore why imaginative play with your child/children is so important to fostering attachment and healthy development. It will also offer ways to engage in play that is fun for the whole family.

Workshop Facilitator: Eve Atkins, LMSW

When: Wednesday 1/12/2022 at 2 PM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZAkdu6rrjgpEtzU1IKd6hV4rIIDSg1XHjf2>

Help with Homework: Getting Back into the Routine: Get back into the school routine with these tips and techniques to help your child succeed with their homework.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday 1/13/2022 at 10 AM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZUpC-mgqT4rE9EqzmsnDTIKGLnoD8kzDFvO>

Helping Children Cope After Trauma: This workshop focuses on what trauma is and the various types, how trauma can affect children at different ages, and what parents can do to support their children and help them heal.

Workshop Facilitator: Kelly Lange, LMSW

When: Friday 1/14/2022 at 10 AM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZMufumsqDMrE9fPecx5ZxxEMc7ZwLyVPI-a>

Self-Care and Stress Management: This workshop will focus on the effects of stress, concrete techniques to manage stress, emotional regulation, and offer a self-care assessment.

Workshop Facilitator: Eve Atkins, LMSW

When: Wednesday 1/19/2022 at 2 PM EST

Register Here:

https://us06web.zoom.us/meeting/register/tZAtduyurzgiGtAKDG3Jw0C0wpVoe05I_w7O

Time Management: This workshop will provide ways you can manage time and create effective routines and schedules for you and your family.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday 1/20/2022 at 10 AM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZApf-GurjwjH9CTUyN41IRLxoYzWPnNoVBz>

Talking to Children about Domestic Violence: This workshop focuses on the feelings and behaviors of children who have witnessed violence in the home, benefits of talking to children in an age appropriate manner, ways parents can speak with their child about the violence, and how to help them deal with transitions.

Workshop Facilitator: Kelly Lange, LMSW

When: Tuesday 1/25/2022 at 10 AM EST

Register Here:

https://us06web.zoom.us/meeting/register/tZAtdemvqjMsGt0jM7ql51a_wQlCYqP1EeW3

Advocacy Skills for Parents: This workshop will provide an overview of strategies to successfully advocate for yourself and your child in different settings like school, family court, community and more.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday 1/27/2022 at 10 AM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZMsfuyoyqDkpHdlfxapvZDNF6fqCODUOhINr>

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.