



APRIL 2022 PARENT CENTER WORKSHOPS

During the month of April, 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

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 Facilitators: Eve Atkins, MA, LMSW

When: Tuesday April 5th, 2022 at 2 PM EST

Register here:

<https://us06web.zoom.us/meeting/register/tZArcOirpzwIEtc4u1QS2KSxO09rGiwMQjoi>

Effective Discipline Techniques: This workshop will focus on discipline methods that parents can effectively use when responding to a child's misbehavior and steps to encourage positive behaviors.

Workshop Facilitator: Qiqi Liang, MHC-LP

When: Wednesday April 6th, 2022 at 10 AM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZEscuqgppz0pHtBagnauUtrQWrebxbh7KKNWT>

What is Therapy?: Learn about what therapy is, different types of therapy, and what to keep in mind as you're choosing the right therapist for you.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday April 7th, 2022 at 10 AM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZwscO2ggjssHtzWvJOTNWqxpBPfZC4QLGp>

Internet Safety for Parents of Children & Teens: This workshop will focus on what children and teens are doing online and ways to protect your family, understand cyberbullying and its prevention, "sexting" and more.

Workshop Facilitator: Qiqi Liang, MHC-LP

When: Friday April 8th, 2022 at 10 AM EST

Register here:

<https://us06web.zoom.us/meeting/register/tZwvcu6rrTkuH9SufTKqUNaBvi0QrAcBTkOf>

Encouraging Healthy Relationships in Children and Teens: This workshop will discuss healthy vs. unhealthy relationships and how to speak with your children about relationships.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday April 14th, 2022 at 12 PM EST

Register here:

<https://us06web.zoom.us/meeting/register/tZUpfuitqj0iG9ULCGeyP6CAIyXxxZcAZ4yI>

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: Friday April 15th, 2022 at 1 PM EST

Register Here:

https://us06web.zoom.us/meeting/register/tZcpf-mspjooHdN0_3pXXzAJJkdgKbF2Jxe-

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, MA, LMSW

When: Tuesday April 19th, 2022 at 2 PM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZUpdu-orDosG9Z8NCVbOC4SOi4SIDmimJmT>

Understanding Trauma and How it Impacts Children: Learn about trauma, how it can manifest in children and how to support children as they heal.

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday April 21st, 2022 at 10 AM EST

Register here:

https://us06web.zoom.us/meeting/register/tZIsde-hrzstE9b4t0FMLVQPKZ9GQ9Pjb_9h

Encouraging Reading at Home: This workshop provides tools you can use to encourage your child to read and continue their learning at home!

Workshop Facilitator: Tera Gurney, LCSW

When: Thursday April 28th, 2022 at 10 AM EST

Register here:

<https://us06web.zoom.us/meeting/register/tZEIcOiorDgiH9yH6ywi7vPLQhltfcEQcipG>

Successful Co-Parenting: Discusses the importance of successful co-parenting, how parents can establish a healthy co-parenting relationship and help their children adjust.

Workshop Facilitator: Kelly Lange, LMSW

When: Friday April 29th, 2022 at 1 PM EST

Register Here:

<https://us06web.zoom.us/meeting/register/tZUkdu2hpj0qH9wNliuz646TKFTB3Vpq352e>

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.



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.