



## AUGUST 2022 PARENT CENTER WORKSHOPS

During the month of August, 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 and 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](#). 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 1831 or email [ParentCenter@HenryStreet.org](mailto:ParentCenter@HenryStreet.org).

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**Your Baby's First Year Pt. 1: General Baby Care + The First Few Days:** This workshop will focus on infant developmental milestones and caring for your newborn including bathing, diaper changing and more!

**Workshop Facilitator:** Tera M. Gurney, LCSW

**When:** Thursday, August 4<sup>th</sup> at 10AM EST

[Click HERE to Register](#)

**帮助孩子建立自信和积极的自我形象 (Building Self-Esteem + Positive Body Image—for Chinese Speakers):**

此讲座主要讲如何帮助孩子建立自信和积极的自我形象，以及如何跟孩子讨论这些话题

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

**When:** Monday, August 8<sup>th</sup> at 12PM EST

[Click HERE to Register](#)

**Your Baby's First Year Pt. 2: Feeding, Sleep + Beyond:** Part 2 of **Your Baby's First Year** will offer information on feeding your baby – from breast milk or formula to solid foods, teething and infant pain, developing sleep schedules, steps to soothe your baby, and more so, how to best take care of YOU too.

**Workshop Facilitator:** Tera M. Gurney, LCSW

**When:** Thursday, August 11<sup>th</sup> at 10AM EST

[Click HERE to Register](#)

**Successful Co-Parenting:** This workshop will focus on ways parents living in separate homes can effectively communicate and resolve disagreements and conflicts regarding raising a child, plus build a co-parenting plan designed to best meet the needs of their child/children.

**Workshop Facilitator:** Qiqi Liang, LMHC

**When:** Monday, August 15<sup>th</sup> at 12PM EST

[Click HERE to Register](#)

**Helping Children Cope After Trauma:** This workshop will provide an overview of trauma responses in children and how parents and caregivers can recognize the signs and symptoms, and help their children heal.

**Workshop Facilitator:** Tera M. Gurney, LCSW

**When:** Thursday, August 18<sup>th</sup> at 10AM EST

[Click HERE to Register](#)

**Learning and Practicing Mindfulness:** With guest facilitator Niti Parthasarathy, from Henry Street Settlement's CONNECT program, this workshop will teach meditation and breathwork techniques that you can use to manage stress and improve concentration throughout your day.

**Workshop Facilitators:** Niti Parthasarathy, Annie Mudick, LMSW, and Qiqi Liang, MHC-LP

**When:** Monday, August 22<sup>nd</sup> at 10AM EST

[Click HERE to Register](#)

**Self-Care + Self-Compassion for Parents:** Learn about the pillars of self-compassion and realistic ways you can practice self-care and self-compassion each day.

**Workshop Facilitator:** Tera M. Gurney, LCSW

**When:** Thursday, August 25<sup>th</sup> at 10AM EST

[Click HERE to Register](#)

**Tech Talk + Internet Safety:** Provides an overview of apps that children and teens are using, information about how to keep your children safe online and effective tools to communicate with your child about internet safety.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Monday, August 29<sup>th</sup> at 11AM

[Click HERE to Register](#)

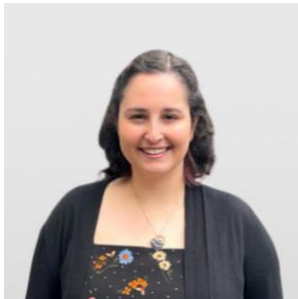
## **ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS**



**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.



**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.



**Parent Center Social Worker Ms. Annie Mudick, MA, MSW** is a recent graduate of the NYU and Sarah Lawrence Dual Degree program to receive her Master's in Child Development and Social Work. Annie has years of experience working with children and families in a variety of contexts, such as preschools, summer camps, and behavioral clinics. She has experience with children ages 0 to 7, children with ODD, ADHD, and Autism, as well as families participating in Head Start programs. She has Bachelor's degrees from Tufts University in Child Development and Clinical Psychology, and is originally from Phoenix, Arizona.