



SEPTEMBER 2022 PARENT CENTER WORKSHOPS

During the month of September, 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. 1813 or email ParentCenter@HenryStreet.org.

Dealing with Sibling Rivalry: Understand the difference between sibling rivalry and abuse, and learn techniques to manage sibling bickering and encourage effective communication.

Workshop Facilitator: Tera M. Gurney, LCSW

When: Thursday, September 1st at 10AM EST

[Click HERE to Register](#)

Friendships, Cliques + Bullying: Explores the importance of friendships, the prevalence of cliques among children and teens, and strategies caregivers can use to address bullying.

Workshop Facilitator: Tera M. Gurney, LCSW

When: Wednesday, September 7th at 1:30PM EST

[Click HERE to Register](#)

自我关爱 & 压力管理 (Self-Care and Stress Management—for Chinese Speakers)

此讲座面向所有年龄段孩子的家长，主要讲压力的影响、如何应对压力、以及如何呵护自己和孩子的身心健康。

Workshop Facilitator: Qiqi Liange, MHC-LP

When: Thursday, September 8th at 12PM EST

[Click HERE to Register](#)

Help with Homework: Engaging Cooperation from Children: Learn techniques to help encourage your children to complete their homework and continue their learning at home throughout the entire school year.

Workshop Facilitator: Annie Mudick, MA, LMSW

When: Monday, September 12th at 12PM EST

[Click HERE to Register](#)

How to Talk So Kids Will Listen + Listen So Kids Will Talk: A workshop designed for caregivers of children ages 4 to 10, provides discussion around teaching children about feelings, engaging cooperation from children, overcoming power struggles, and praise for good behaviors.

Workshop Facilitator: Tera M. Gurney, LCSW

When: Thursday, September 15th at 10AM EST

[Click HERE to Register](#)

Help with Homework: Encouraging Children to Read at Home: Provides ways you can create an environment at home that's perfect for your child to learn and improve their reading skills.

Workshop Facilitator: Annie Mudick, MA, LMSW

When: Monday, September 19th at 12PM EST

[Click HERE to Register](#)

Time Management: Learn strategies on how you can manage the hectic schedules around school, activities, work, and more.

Workshop Facilitator: Tera M. Gurney, LCSW

When: Thursday, September 22nd at 10AM EST

[Click HERE to Register](#)

Talking to Kids About Sex: What to Say + When to Say It! Reviews sexual development among children and teens and provides concrete ways caregivers can speak to their children about healthy sexuality and development.

Workshop Facilitator: Tera M. Gurney, LCSW

When: Thursday, September 29th at 10AM EST

[Click HERE to Register](#)

Effective Communication Techniques: Learn effective ways to communicate with the people in your life and advocate for you and your children.

Workshop Facilitator: Qiqi Liang, MHC-LP

When: Friday, September 30th at 9AM EST

[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, LMSW 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.