



## OCTOBER 2022 PARENT CENTER WORKSHOPS

During the month of October, 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, x1831 or email [ParentCenter@HenryStreet.org](mailto:ParentCenter@HenryStreet.org).

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**如何处理孩子间的手足之争 (Dealing with Sibling Rivalry - For Chinese Speakers):** 此讲座主要讲家长如何有效解决孩子间的手足之争/冲突，包括帮孩子了解情绪和回应冲突的方法，以及有效的教养方式等。

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

**When:** Tuesday, October 4<sup>th</sup> at 12 PM EST

[Click HERE to Register](#)

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

**Workshop Facilitator:** Niti Parthasarathy

**When:** Wednesday, October 5<sup>th</sup> at 10 AM EST

[Click HERE to Register](#)

**Consent 101:** This workshop will review the definition of consent within sexual relationships, share the "do's and don'ts" of consent and offer ways to communicate with your children about the importance of consent when engaging with others in sexual activities.

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

**When:** Thursday, October 6<sup>th</sup> at 10 AM

[Click HERE to Register](#)

**Healthy Eating Habits for Families:** Learn the basics of a healthy diet for children and teens and how you can encourage healthy eating habits for the entire family – learn about foods that best support healthy moods, behaviors and day-to-day functioning vs. those that do not and may even worsen moods and behavior – like high fructose corn syrup!

**Workshop Facilitator:** Annie Mudick, MA, LMSW

**When:** Monday, October 10<sup>th</sup> at 12P M

[Click HERE to Register](#)

**What is Therapy?** This workshop will provide information on different therapeutic modalities and what to consider when choosing a therapist for you or your child.

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

**When:** Tuesday, October 11<sup>th</sup> at 1 PM

[Click HERE to Register](#)

**Effective Discipline Techniques:** Learn 15+ effective discipline techniques and how to utilize these when parenting at home or in the community; workshop will offer a range of examples based on ages and stages of child development.

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

**When:** Monday, October 17<sup>th</sup> at 12 PM

[Click HERE to Register](#)

**Creating Healthy + Healing Boundaries:** Learn about different types of boundaries and steps you can take to effectively set and maintain boundaries with people in your life.

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

**When:** Thursday, October 20<sup>th</sup> at 10 AM

[Click HERE to Register](#)

**Building Self-Esteem and Positive Body Image in Children and Teens:** Further your understanding of how self-esteem and body image develop in children and ways you can promote positive self-esteem and body image in your children and teens.

**Workshop Facilitator:** Annie Mudick, MA, LMSW

**When:** Monday, October 24<sup>th</sup> at 12 PM

[Click HERE to Register](#)

**From Child to Teen: Navigating the Tween Years:** For parents of children ages 8 to 12, this workshop focuses on developmental milestones during the “tween” years prior to adolescence, challenges, and ways to effectively communicate and manage behaviors.

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

**When:** Thursday, October 27<sup>th</sup> at 10AM

[Click HERE to Register](#)

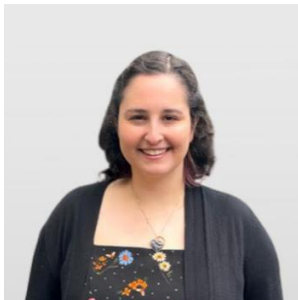
## **ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS**



**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.