



NOVEMBER 2022 PARENT CENTER WORKSHOPS

During the month of November, Henry Street Settlement's Parent Center will offer 1-time workshops on a range of parenting topics online at Zoom, facilitated by Parent Center licensed social work and mental health staff. See topics and Zoom registration links below.

All workshops are FREE and open to the public.

NOTE: Workshops are held online via ZOOM. 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 please call 212.471.2400, x. 1831 or email ParentCenter@HenryStreet.org.

Successful Co-Parenting: This workshop will focus on how parents living in separate homes can utilize effective communication and conflict resolution, plus a co-parenting plan to help their children adjust.

Workshop Facilitator: Tera M. Gurney, LCSW

When: Thursday, November 3rd at 10AM 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 help their children heal.

Workshop Facilitator: Tera M. Gurney, LCSW

When: Thursday, November 10th at 12PM EST

[Click HERE to Register](#)

Helping Young Children Cope with Feelings: This workshop will offer techniques you can use to teach your young child about emotions and how to regulate and cope with those emotions in the moment.

Workshop Facilitator: Tera M. Gurney, LCSW

When: Monday, November 14th at 2PM EST

[Click HERE to Register](#)

Effective Discipline Techniques: Together we will review 15+ effective discipline techniques, how to utilize in your home, and examples based on various ages. Please come prepared with questions and scenarios to review with the facilitator and group.

Workshop Facilitator: Tera M. Gurney, LCSW

When: Thursday, November 17th at 10AM EST

[Click HERE to Register](#)

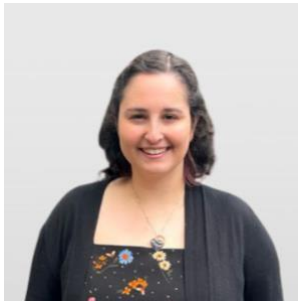
ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS



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.