



## JANUARY 2023 PARENT CENTER WORKSHOPS

During the month of January, 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](mailto:ParentCenter@HenryStreet.org).

**Burn Out, Compassion Fatigue and Secondary Trauma for Parents:** Learn the signs of burn out, compassion fatigue and secondary trauma, ways to practice self-care and how to seek help.

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

**When:** Monday, January 9<sup>th</sup> at 2PM EST [Click HERE to Register](#)

**Consent 101:** Review the definition of consent within sexual relationships, shares the do's and don'ts of consent and ways to communicate with your children about the importance of consent.

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

**When:** Thursday, January 12<sup>th</sup> at 10AM EST [Click HERE to Register](#)

**Engaging Children Through Play:** This workshop will discuss the value of play, and creative ways you can facilitate play and learning in your home.

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

**When:** Monday, January 16<sup>th</sup> at 2PM EST [Click HERE to Register](#)

**Creating + Sustaining Healthy Habits for the NEW YEAR 2023:** Learn how to plan and implement new and healthy habits for your entire family!

**Workshop Facilitator:** Qiqi Liang, MHC-LP and Annie Mudick, LMSW

**When:** Friday, January 20<sup>th</sup> at 12PM EST [Click HERE to Register](#)

**All About Toddlers:** Learn about the developmental milestones in toddlerhood, activities to foster their learning and development, and how to manage tantrums and other challenges.

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

**When:** Monday, January 23<sup>rd</sup> at 2PM EST [Click HERE to Register](#)

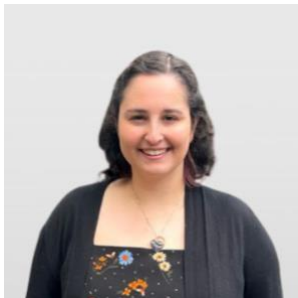
## **ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS**



**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.