



## FEBRUARY 2023 PARENT CENTER WORKSHOPS

During the month of February, 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).

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**Your Baby's First Year:** This workshop will discuss caring for your baby during the first year of life, developmental milestones and tips and tools for bathing, changing, eating and more!

**Workshop Facilitator:** Jana Redzovic, MSW

**When:** Friday, February 3rd at 11 AM EST [Click Here to Register](#)

**Encouraging Children to Read:** This workshop will provide strategies and tips on ways to create an environment at home that is great for your child to improve and practice their reading skills.

**Workshop Facilitator:** Jana Redzovic, MSW

**When:** Friday, February 10th at 10 AM EST [Click Here to Register](#)

**Understanding Mental Health:** Learn the definitions of terms "mental health" and "mental illness", about types of mental illness, signs and symptoms to watch for, stigma around mental health challenges, and what you can do to help your children, family members or yourself if concerned there is need for intervention and treatment.

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

**When:** Monday, February 13th at 11 AM EST [Click Here to Register](#)

**Self-Care and Stress Management:** Learn about the importance of and ways to practice self-care and realistic ways to manage day-to-day stress.

**Workshop Facilitator:** Jana Redzovic, MSW

**When:** Friday, February 17th at 11 AM 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 Liang, MHC-LP**

**When: Friday, February 24th at 10 AM EST** [Click Here to Register](#)

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

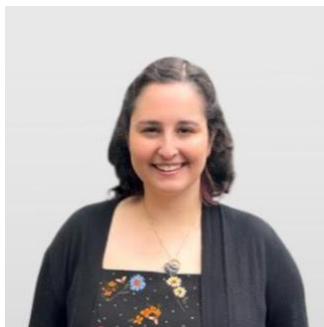
**Workshop Facilitator: Jana Redzovic, MSW**

**When: Monday, February 27th at 10 AM EST** [Click Here to Register](#)

### ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS



**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.



**Parent Center Social Worker Ms. Jana Redzovic, MSW**, is a graduate of NYU's Silver School of Social Work and holds an undergraduate B.S. degree in Psychology from Loyola University Chicago. She has experience working with children and families from diverse ethnic and cultural backgrounds in a range of settings including schools, homes, camps, and Early Head Start programs. She has additional expertise in the treatment of ADHD and anxiety disorders in children. She is fluent in Serbo-Croatian.