



## JUNE 2023 PARENT CENTER WORKSHOPS

During the month of June, 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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**Helping Children Cope with Death, Loss, & Grief:** This workshop will provide information and guidance on how to provide your children with the necessary space to help them cope with death, loss, and grief.

**Workshop Facilitator:** Jana Redzovic, LMSW

**When:** Monday, June 5th at 3 PM EST [Click Here to Register](#)

**Your Baby's First Year:** This workshop will discuss caring for your newborn baby, what to expect regarding developmental milestones in the first year, bathing, changing, eating, and more!

**Workshop Facilitator:** Jana Redzovic, LMSW

**When:** Friday, June 9th at 11 AM EST [Click Here to Register](#)

**Pride Month 101: Talking to Kids About Gender Identity and Sexuality:** Learn terminology and other information related to gender identity and sexuality and ways to talk about these topics with your children and teens.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, June 9<sup>th</sup> at 2 PM EST [Click Here to Register](#)

**Special Education: What Parents Need to Know:** This workshop will provide a brief overview of the Special Education process in New York City, including specific placement guidelines parents should be aware of, and ways to engage in advocacy for your child and family's needs.

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

**When:** Wednesday, June 7th at 12 PM EST [Click Here to Register](#)

**Co-Parenting and Talking to Children About Domestic Violence:** This workshop will focus on how parents living in separate homes can utilize effective communication, conflict resolution plus a co-parenting plan to successfully parent their children and help them to adjust. Additionally, this workshop will briefly touch on ways to effectively talk with your children about domestic violence and what you can do as a parent to support you and your child's relationship with both parents.

**Workshop Facilitator:** Jana Redzovic, LMSW

**When:** Wednesday, June 14th at 10 AM EST [Click Here to Register](#)

**Effective Discipline Techniques:** This workshop will review 15+ effective discipline techniques, how to utilize them in your home, and examples based on various ages and stages of child development.

**Workshop Facilitator:** Jana Redzovic, LMSW

**When:** Tuesday, June 20th at 10 AM 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 a range of emotions in the moment.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, June 23<sup>rd</sup> at 2 PM EST [Click Here to Register](#)

**Toddlers, Tantrums, and Toilet Training:** This workshop will discuss healthy child development during the toddler years, how to handle tantrums, as well as provide guidelines for identifying when your child is ready to toilet train and how to handle the process.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, June 30th at 2 PM EST [Click Here to Register](#)

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



**Parent Center Social Worker Ms. Annie Mudick, MA, LMSW** is a graduate of the NYU and Sarah Lawrence Dual Degree program and received her Master's Degree 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 health clinics. She has experience working with children ages 0 to 7, diagnosed with ODD, ADHD, and Autism, as well as with 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 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. Jana Redzovic, LMSW**, 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.