



JULY 2023 PARENT CENTER WORKSHOPS

During the month of July, 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.

Consent 101: This workshop will provide an overview of the definition of consent within sexual relationships, share the 'do's and don'ts' of consent and what and how to communicate with your children about the importance of consent.

Workshop Facilitator: Jana Redzovic, LMSW

When: Friday, July 7th at 11 AM EST

[Click HERE to Register](#)

Self-Care and Stress Management for Parents: This workshop is geared toward parents of children of any age and will provide information on the effects of stress on parenting, and concrete techniques to manage stress and practice self-care.

Workshop Facilitator: Qiqi Liang, MHC-LP

When: Tuesday, July 11th at 10 AM EST

[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: Jana Redzovic, LMSW

When: Friday, July 14th at 11 AM EST

[Click HERE to Register](#)

Single Parenting: This workshop will provide information on how to support your mental health as a single parent, strategies to improve your parenting skills, and ways to look for outside support.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, July 14th at 2 PM EST

[Click HERE to Register](#)

Time Management: Learn strategies to manage the day-to-day and often “hectic” schedules of school, activities, work, and more.

Workshop Facilitator: Jana Redzovic, LMSW

When: Monday, July 17th at 10 AM EST

[Click HERE to Register](#)

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 to seek help.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, July 21st at 2PM EST

[Click HERE to Register](#)

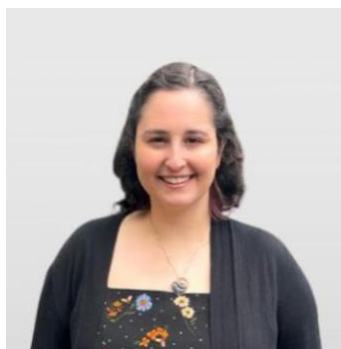
Building Self-Esteem and Positive Body Image in Children and Teens: Develop a further understanding of how self-esteem and body image develop in children and ways you can promote self-esteem and healthy body image in your children and teens.

Workshop Facilitator: Jana Redzovic, LMSW

When: Monday, July 24th at 10 AM 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 holds Master's Degrees 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 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 masters-level 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.