



## OCTOBER 2023 PARENT CENTER WORKSHOPS

During the month of October, 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, x1831 or email [ParentCenter@HenryStreet.org](mailto:ParentCenter@HenryStreet.org).

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**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, and concrete techniques to manage stress and practice self-care.

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

**When:** Thursday, October 5<sup>th</sup> at 12 PM EST

[Click Here to Register](#)

**Encouraging Healthy Relationships:** This is a workshop for parents to learn what healthy versus unhealthy relationships look like for your child, how to talk to teens about healthy relationships, and signs to look for if your teen is struggling with unhealthy relationships.

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

**When:** Friday, October 6<sup>th</sup> at 2 PM EST

[Click Here to Register](#)

**What is Therapy?** Provides information on different therapeutic modalities and what to consider when choosing a therapist for you or your child.

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

**When:** Monday, October 9<sup>th</sup> at 12 PM EST

[Click Here to Register](#)

**Internet Safety for Parents of Children and Teens:** This workshop will focus on what children and teens are doing online and ways to protect your family, understand cyberbullying and its prevention and more.

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

**When:** Friday, October 13<sup>th</sup> at 10 AM 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:** Annie Mudick, MA, LMSW

**When:** Monday, October 16<sup>th</sup> at 12 PM EST

[Click Here to Register](#)

**Special Education: What Parents Need to Know:** This workshop provides a brief overview of the Special Education process in New York City, including specific guidelines that parents should be aware of, and ways they can advocate for themselves and their family.

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

**When:** Friday, October 20<sup>th</sup> at 10 AM EST

[Click Here to Register](#)

**What is ADHD & Positive Behavior Management Techniques:** This workshop provides a brief overview of what ADHD is and how it affects behaviors in children. Several positive behavior management techniques are discussed in order to provide support to children and their parents.

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

**When:** Monday, October 23<sup>rd</sup> at 12 PM EST

[Click Here to Register](#)

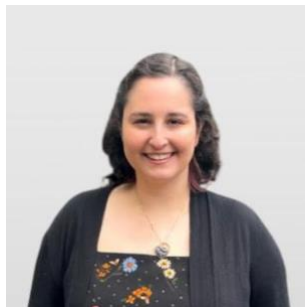
**Burn Out, Compassion Fatigue and Secondary Trauma for Parents:** Learn the signs of burnout, compassion fatigue and secondary trauma, and ways to practice self-care and to seek help.

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

**When:** Friday, October 27<sup>th</sup> at 2PM 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 graduate-level degrees in Child Development and Social Work. Annie has worked with children ages 0-17 and their families in a variety of contexts, such as preschools, summer camps, and behavioral clinics. She has experience treating children with ODD, ADHD, and Autism, as well as work with families participating in Head Start programs. She has undergraduate Bachelor's degrees from Tufts University in Child Development and Clinical Psychology.



**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 Work Intern Ms. Sicheng Wang, or Peko**, is a graduate-level MSW student at NYU's Silver School of Social Work. She is from originally China and is fluent in Mandarin. In 2022, she worked with older adults at Henry Street Settlement's NORC/Vladeck Cares program where she offered supportive counseling and case management services. offering supportive services to about 50 clients in the community. During her undergraduate years, she was employed in a mental health center where she provided counseling to university students.