



## SEPTEMBER 2023 PARENT CENTER WORKSHOPS

During the month of September, 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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**Helping Young Children Cope with Feelings:** This is a workshop for parents to learn how to encourage their children to talk about their feelings, how to respond to their feelings, how to promote self-regulation, calming techniques, and more.

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

**When:** Tuesday, September 5th at 10 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 reading skills.

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

**When:** Friday, September 8th at 2 PM EST

[Click Here to Register](#)

**Healthy Eating Habits for Families:** Learn the staples of a healthy diet for children and how parents can encourage healthy eating habits for the entire family.

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

**When:** Tuesday, September 12th at 10 AM EST

[Click Here to Register](#)

**Successful Co-parenting:** This workshop focuses on how parents living in separate homes can utilize effective communication, conflict resolution plus a co-parenting plan to successfully parent their children together and help them to adjust.

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

**When:** Friday, September 15th at 2 PM EST

[Click Here to Register](#)

**Encouraging Healthy and Positive Relationships in Children:** This workshop will focus on how parents can encourage positive friendships in early childhood, and how to talk to their teens about dating and healthy relationships.

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

**When:** Tuesday, September 19th at 10 AM EST

[Click Here to Register](#)

**Navigating the Tween Years:** For parents of children ages 8 to 12, this workshop focuses on developmental milestones during this time, possible challenges, and ways to effectively communicate and manage behaviors.

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

**When:** Friday, September 22nd at 2 PM EST

[Click Here to Register](#)

**Effective Discipline Techniques:** This workshop will focus on discipline methods that parents can effectively use when responding to a child's misbehavior and steps to encourage positive behaviors.

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

**When:** Monday, September 25th at 1 PM EST

[Click Here to Register](#)

**Help with Homework: Engaging Cooperation from Children:** Learn techniques to help encourage your children to complete their homework and continue their learning at home, as the end of the school year approaches.

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

**When:** Friday, September 29th at 2PM 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.