



November 2023 PARENT CENTER WORKSHOPS

During the month of November, 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.

Executive Functioning: This workshop will help explain what executive functioning is and provide tips for both caregivers and children to help maximize organization, time management, and follow-through with tasks.

Workshop Facilitator: Qiqi Liang, LMHC

When: Friday, November 3rd at 10 AM EST

[Click Here to Register](#)

Your Baby's First Year: A review of all the baby basics for the first year, including feeding, sleep, diapering, illness, and more.

Workshop Facilitator: Qiqi Liang, LMHC

When: Monday, November 6th at 12 PM 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: Annie Mudick, LMSW

When: Friday, November 10th at 2 PM EST

[Click Here to Register](#)

Advocacy Techniques for Parents: This workshop discusses what advocacy is, what it is used for, and ways that you can advocate for yourself and the children in your life.

Workshop Facilitator: Annie Mudick, LMSW

When: Monday, November 13th at 12 PM EST

[Click Here to Register](#)

Stress and The Holidays: This workshop discusses the effects of stress induced by the holiday seasons and concrete techniques to manage stress and practice self-care.

Workshop Facilitator: Qiqi Liang, LMHC

When: Friday, November 17th at 11 AM EST

[Click Here to Register](#)

Stress Less for the Test: This workshop goes over ways that you can help your children handle test taking anxiety, be prepared for tests in school, and what you can do to help support them.

Workshop Facilitator: Annie Mudick, LMSW

When: Monday, November 27th at 12 PM EST

[Click Here to Register](#)

ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS



Parent Center Mental Health Counselor Ms. Qiqi Liang, LMHC 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.