



DECEMBER 2023 PARENT CENTER WORKSHOPS

During the month of December, 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.

Dealing with Sibling Rivalry: Geared toward parents of children of all ages, this workshop will focus on what sibling rivalry is and why it happens, how to help children identify and express their feelings, and how parents can best respond.

Workshop Facilitator: Annie Mudick, LMSW

When: Monday, December 4th at 11 AM 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: Peko Wang, MSW Intern

When: Friday, December 8th at 11 AM EST

[Click Here to Register](#)

How to Talk So Kids Will Listen + Listen So Kids Will Talk: This workshop is designed for caregivers of children ages 4 to 10, and will provide discussion around teaching children about feelings, engaging cooperation from children, overcoming power struggles, and praise for good behaviors.

Workshop Facilitator: Annie Mudick, LMSW

When: Monday, December 11th at 11 AM EST

[Click Here to Register](#)

Understanding and Communicating with Adolescents: Learn about the psychological, physical and emotional development of adolescents (14 - 18 years old). This workshop discusses the 'do's and don'ts' when it comes to communication with adolescents and different ways to help strengthen the parent-child relationship.

Workshop Facilitator: Qiqi Liang, LMHC

When: Tuesday, December 12th at 10 AM EST

[Click Here to Register](#)

Helping Young Children Cope with Feelings: This workshop reviews techniques you can use to teach your young child about emotions and how to regulate and cope with those emotions in the moment.

Workshop Facilitator: Qiqi Liang, LMHC

When: Thursday, December 14th at 12 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: Annie Mudick, LMSW

When: Monday, December 18th at 11 AM 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 graduate of the NYU and Sarah Lawrence Dual Degree program and received 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 also has experience working with children ages 0 to 7 who are diagnosed with ODD, ADHD, and/or 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.

