



JANUARY 2024 PARENT CENTER WORKSHOPS

During the month of January, 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.

Single Parenting: Provides information on how to support your mental health as a single parent, strategies to parent better, and ways to look for outside support.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, January 5th at 2 PM 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, LMHC

When: Thursday, January 11th 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, ways to practice self-care and seek help.

Workshop Facilitator: Annie Mudick, MA, LMSW

When: Friday, January 12th at 2PM EST

[Click Here to Register](#)

Effective Communication Techniques: Learn effective ways to communicate with the people in your life and advocate for you and your children.

Workshop Facilitator: Qiqi Liang, LMHC

When: Thursday, January 18th at 12 PM 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 body image in your children and teens.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, January 19th at 2 PM EST

[Click Here to Register](#)

Creating Healthy and Healing Boundaries in Your Life: This workshop will discuss boundaries and the importance of implementing healthy boundaries.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, January 26th at 2 PM EST

[Click Here to Register](#)

Baby's First Year: Learn all about baby's development in the first year, baby care basics, feeding and sleep.

Workshop Facilitator: Qiqi Liang, LMHC

When: Tuesday, January 30th at 10 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.