



## FEBRUARY 2024 PARENT CENTER WORKSHOPS

During the month of February, 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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**Social Emotional Learning:** This workshop will introduce the concept of social-emotional learning to parents and provide techniques to help foster SEL in their children.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, February 2nd at 2 PM EST

[Click Here for Registration](#)

**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:** Qiqi Liang, LMHC

**When:** Monday, February 5th at 10 AM EST

[Click Here for Registration](#)

**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:** Qiqi Liang, LMHC

**When:** Thursday, February 8th at 12 PM EST

[Click Here for Registration](#)

**Friendships, Cliques and Bullying:** This workshop will discuss the importance of friendships, an overview of cliques and popularity, and how parents can discuss bullying with their children.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, February 9th at 11 AM EST

[Click Here for Registration](#)

**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:** Annie Mudick, LMSW

**When:** Friday, February 9th at 4 PM EST

[Click Here for Registration](#)

**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, February 15th at 12 PM EST

[Click Here for Registration](#)

**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:** Peko Wang, MSW

**When:** Friday, February 16th at 11 AM EST

[Click Here to Register](#)

**Helping Young Children Self-Regulate + Cope with Emotions:** 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:** Annie Mudick, LMSW

**When:** Friday, February 16th at 2 PM EST

[Click Here for Registration](#)

**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:** Qiqi Liang, LMHC

**When:** Thursday, February 22nd at 12 PM EST

[Click Here for Registration](#)

**Understanding Mental Health:** This workshop will briefly review a range of definitions and contributions regarding mental health in children and adults, with a focus on stigma, barriers to care, and how to support children and others.

**Workshop Facilitator: Annie Mudick, LMSW**

**When: Friday, February 23th at 2 PM EST**

[Click Here for Registration](#)

### **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.