



## MARCH 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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**Understanding and Communicating with Adolescents:** Learn about the psychological, physical and emotional development of adolescents ages 14 to 18-years-old. This workshop will present 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:** Monday, March 4th at 10 AM 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, LMHC

**When:** Tuesday, March 5th at 10 AM EST

[Click Here to Register](#)

**Helping Children and Teens Cope After Trauma:** This workshop will focus on how a traumatic life event can affect children and teens, and what parents can do to help them cope and heal.

**Workshop Facilitator:** Qiqi Liang, LMHC

**When:** Wednesday, March 6th at 3 PM EST

[Click Here to Register](#)

**Consent 101:** This workshop will offer a review of the definition of consent within sexual relationships, shares the 'do's and don'ts' of consent and how to communicate with your children about the importance of consent.

**Workshop Facilitator:** Qiqi Liang, LMHC

**When:** Thursday, March 7th at 10 AM EST

[Click Here to Register](#)

**Encouraging Healthy Relationships:** This is a workshop for parents to learn what healthy versus unhealthy relationships look like for your child, how to talk to teens about healthy relationships, and signs to look for if your teen is struggling with unhealthy relationships.

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

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

[Click Here to Register](#)

**Special Education: What Parents Need to Know:** This workshop provides a brief overview of the Special Education process in New York City, including specific guidelines that parents should be aware of, and ways parents can advocate for themselves and their family.

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

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

[Click Here to Register](#)

**Time Management:** Learn strategies for how you can manage the hectic schedules around school, activities, work, and more.

**Workshop Facilitator:** Annie Mudick, LMSW

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

[Click Here to Register](#)

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

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Thursday, March 28th 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 in all areas of your life.

**Workshop Facilitator:** Peko Wang, MSW

**When:** Friday, March 29th at 2 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 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.