



## SEPTEMBER 2024 PARENT CENTER WORKSHOPS

During the month of August, 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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**Helping Young Children Self-Regulate + Cope with Emotions:** Review techniques you can use to teach your child about emotions and how to regulate and cope with a range of emotions in the moment.

**Workshop Facilitator:** Mary Beth Spaulding, MSW

**When:** Thursday, September 5th at 2 PM EST

[CLICK HERE TO REGISTER](#)

**Childhood Fears and Separation Anxiety:** This workshop will cover common fears that children experience and why, ways to support children through their fears, separation anxiety at different ages, and how to handle and respond to your child's separation anxiety.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, September 6th at 2 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 how to seek help.

**Workshop Facilitator:** Mary Beth Spaulding, MSW

**When:** Thursday, September 12th at 2:00 PM EST

[CLICK HERE TO REGISTER](#)

**Help with Homework & Engaging Cooperation from Children:** Learn techniques to help encourage your child to complete assigned homework and continue learning at home now that school is back in session.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, September 13th at 2 PM EST

[CLICK HERE TO REGISTER](#)

**Time Management:** Learn strategies for how to manage hectic schedules and juggle the demands of school, activities, work, and more.

**Workshop Facilitator:** Mary Beth Spaulding, MSW

**When:** Thursday, September 19th at 2 PM EST

[CLICK HERE TO REGISTER](#)

**How to Talk So Kids Will Listen + Listen So Kids Will Talk:** For caregivers of children ages 4 to 10, this workshop will facilitate a discussion around teaching children about feelings, engaging cooperation from children, overcoming power struggles, and praise for good behaviors.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, September 20th at 2 PM EST

[CLICK HERE TO REGISTER](#)

**Helping Children Cope After Trauma:** This workshop will provide an overview of trauma responses in children and how parents and caregivers can help children heal after exposure to stressful life events.

**Workshop Facilitator:** Mary Beth Spaulding, MSW

**When:** Thursday, September 26th at 2:00 PM EST

[CLICK HERE TO REGISTER](#)

**Encouraging Children to Read:** This workshop will provide parents strategies and tips on ways to create an environment at home that is great for your child to improve upon and practice reading skills.

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

**When:** Friday, September 27th at 2 PM EST

[CLICK HERE TO REGISTER](#)

## **ABOUT OUR PARENT CENTER WORKSHOP FACILITATORS**



**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 Degree 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.



**Parent Center Social Worker Ms. Mary Beth Spaulding, MSW** is a graduate of the Silberman School of Social Work at Hunter College. Prior to enrolling at HSSW, Mary Beth worked at Henry Street Settlement's Urban Family Center where she connected families to case management resources, provided supportive counseling, and led parenting groups. Mary Beth has experience working with individuals coping with mental health issues, survivors of domestic violence, and children of all ages who have experienced trauma. She has a Bachelor's degree in social work from the University of Kentucky.