



JANUARY 2025 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.

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: Annie Mudick, LMSW

When: Friday, January 3rd at 2:00pm EST

[CLICK HERE TO REGISTER](#)

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, January 10th at 2:00PM EST

[CLICK HERE TO REGISTER](#)

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: Annie Mudick, LMSW

When: Friday, January 17th at 2 PM EST

[CLICK HERE TO REGISTER](#)

What is Therapy? Provides information on different therapeutic modalities and what to consider when choosing a therapist for you or your child.

Workshop Facilitator: Mary Beth Spaulding, MSW

When: Thursday, January 23rd at 3:00 PM EST

[CLICK HERE TO REGISTER](#)

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

Workshop Facilitator: Mary Beth Spaulding, MSW

When: Thursday, January 30th at 3:00 PM EST

[CLICK HERE TO REGISTER](#)

How to Talk to Children About Domestic Violence: This workshop will discuss ways to effectively talk with your children about domestic violence and what you can do as a parent to support you and your child's relationship.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, January 31st at 2:00 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.