



APRIL 2025 PARENT CENTER WORKSHOPS

During the month of April, 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.

Engaging Children Through Play: Discuss the value of play, and creative ways you can facilitate play and learning in your home.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, April 4th at 1:00 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, April 11th at 1:00 PM EST

[CLICK HERE TO REGISTER](#)

Dealing with Sibling Rivalry: Geared toward parents of children of all ages and focuses 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: Friday, April 18th at 1:00 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: Annie Mudick, LMSW

When: Thursday, April 26th at 2:00 PM EST

[CLICK HERE TO REGISTER](#)

ABOUT OUR PARENT CENTER WORKSHOP FACILITATOR



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.