



JULY 2024 PARENT CENTER WORKSHOPS

During the month of July, 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.

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 positive body image in your children and teens.

Workshop Facilitator: Mary Beth Spaulding, MSW

When: Tuesday, July 2nd at 2:00 PM EST

[Click here to register](#)

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, July 5th at 2 PM EST

[Click here to register](#)

Consent 101: This workshop will review 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: Mary Beth Spaulding, MSW

When: Thursday, July 11th 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, July 12th at 2 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 if and when impacted by DV in the family.

Workshop Facilitator: Mary Beth Spaulding, MSW

When: Thursday, July 18th at 2:00 PM EST

[Click here to register](#)

Navigating the Tween Years: For parents of children ages 8 to 12, this workshop focuses on developmental milestones during this time, possible challenges, and ways to effectively communicate and manage behaviors.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, July 19th at 2 PM EST

[Click here to register](#)

Creating Healthy + Healing Boundaries: Learn about different types of boundaries and steps you can take to effectively establish and maintain boundaries with people in your life.

Workshop Facilitator: Mary Beth Spaulding, MSW

When: Thursday, July 25th at 2:00pm

[Click here to register](#)

Helping Children Cope After Trauma: Provides an overview of trauma responses in children and how parents and caregivers can help their children heal.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, July 26th 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 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 beginning school at Hunter, Mary Beth worked at Henry Street Settlement's Urban Family Center, a family shelter, where she provided supportive counseling services, led psychoeducational and support groups, and connected families to resources. Mary Beth has experience working with parents coping with mental health disorders, survivors of domestic violence, and children ages 0-18 who have experienced trauma. She also has Bachelor's degree in Social Work from the University of Kentucky.