



## NOVEMBER 2024 PARENT CENTER WORKSHOPS

During the month of November, 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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**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, November 1st at 2:00 PM EST

[CLICK HERE TO REGISTER!](#)

**Your Baby's First Year:** A review of all the baby basics for the first year, including feeding, sleep, diapering, illness, and more.

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

**When:** Thursday November 7th at 3:00PM EST

[CLICK HERE TO REGISTER!](#)

**What is ADHD & Positive Behavior Management Techniques:** This workshop provides a brief overview of what ADHD is and how it affects behaviors in children. Several positive behavior management techniques will be discussed in order to provide support to children and their parents.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, November 8th at 2:00 PM EST

[CLICK HERE TO REGISTER!](#)

**How to Talk So Kids Will Listen and Listen So Kids Will Talk:** Learn effective tools to actively listen to, engage cooperation from, and provide positive reinforcement for your child.

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

**When: Thursday, November 14th at 3:00PM 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 difficult behaviors.

**Workshop Facilitator: Annie Mudick, LMSW**

**When: Friday, November 15<sup>th</sup> at 2 PM EST**

[CLICK HERE TO REGISTER!](#)

**Managing Stress During the Holiday Season:** Provides tools you and your family can use to manage stress and grief during the holiday season.

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

**When: Thursday, November 21st at 3:00PM**

[CLICK HERE TO REGISTER!](#)

**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, November 22nd at 2PM 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.