



## DECEMBER 2024 PARENT CENTER WORKSHOPS

During the month of December, 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).

---

**Stress Less for the Test:** This workshop goes over ways that you can help your children handle test taking anxiety, be prepared for tests in school, and what you can do to help support them.

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

**When:** Thursday, December 5th at 3:00 PM EST

[Click here to register!](#)

**Friendships, Cliques and Bullying:** This workshop will discuss the importance of friendships, an overview of cliques and popularity, and how parents can discuss bullying with their children.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, December 6th at 2:00 pm EST

[Click here to register!](#)

**Understanding Healthy vs. Unhealthy Relationships:** Reviews characteristics of healthy, unhealthy and abusive relationships and how to talk with your child about relationships.

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

**When:** Thursday, December 12th at 3PM EST

[Click here to register!](#)

**Social Emotional Learning:** This workshop will introduce the concept of social-emotional learning to parents and provide techniques to help foster SEL in their children.

**Workshop Facilitator: Annie Mudick, LMSW**

**When: Friday, December 13th at 2:00pm EST**

[Click here to register!](#)

**Helping Young Children Cope with Feelings:** This workshop reviews techniques you can use to teach your young child about emotions and how to regulate and cope with those emotions in the moment.

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

**When: Thursday, December 19th at 3:00PM EST**

[Click here to register!](#)

**Creating + Sustaining Healthy Habits for the NEW YEAR!:** Learn how to plan and implement new and healthy habits for your entire family!

**Workshop Facilitator: Annie Mudick, LMSW**

**When: Friday, December 20<sup>th</sup> 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.