



FEBRUARY 2025 PARENT CENTER WORKSHOPS

During the month of February, 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.

Understanding Neurodivergence: This workshop will focus on defining neurodivergence, discussing resources, and sharing ways you as a parent can support your child.

Workshop Facilitator: Mary Beth Spaulding, MSW

When: Thursday, February 6th at 3 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, February 7th at 1 PM EST

[CLICK HERE TO REGISTER](#)

Effective discipline techniques: This workshop will guide you through how to increase good behavior and decrease undesirable behaviors.

Workshop facilitator: Mary Beth Spaulding, MSW

When: Thursday, February 13th at 3 PM EST

[CLICK HERE TO REGISTER](#)

Effective Communication Techniques: Learn effective ways to communicate with the people in your life and advocate for you and your children.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, February 14th at 1 PM EST

[CLICK HERE TO REGISTER](#)

Developmental milestones: This workshop will cover what developmental milestones are, different milestones for different ages, as well as the importance of said milestones.

Facilitator: Mary Beth Spaulding, MSW

When: Thursday, February 20th at 3 PM EST

[CLICK HERE TO REGISTER](#)

Childhood Fears and Separation Anxiety: This workshop will cover common fears that children experience and why, ways to support children through their fears, separation anxiety at different ages, and how to handle your child's separation anxiety.

Workshop Facilitator: Annie Mudick, LMSW

When: Friday, February 21st at 1 PM EST

[CLICK HERE TO REGISTER](#)

Social emotional learning: This workshop provides a brief overview on social emotional learning, how to promote social emotional learning, and the benefits of doing so.

Workshop Facilitator: Mary Beth Spaulding, MSW

When: Thursday, February 27th at 3 PM EST

[CLICK HERE TO REGISTER](#)

Special Education: What Parents Need to Know: This workshop provides a brief overview of the Special Education process in New York City, including specific guidelines that parents should be aware of, and ways they can advocate for themselves and their family.

Workshop Facilitator: Annie Mudick, MA, LMSW

When: Friday, February 28th at 1 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.