



## MARCH 2025 PARENT CENTER WORKSHOPS

During the month of March, 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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**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, March 7<sup>th</sup> at 1 PM EST**

[CLICK HERE TO REGISTER](#)

**Know your rights with ACS:** An overview of the Family Court, ACS and foster care systems in New York City. This session focuses on actions that could trigger an ACS investigation and a parent's rights during that investigation and subsequent court case.

Parents and advocates will learn how to advocate for themselves and what questions to ask during the process.

**Workshop facilitator: Center for Family Representation**

**When: Thursday, March 13 at 3:00 PM EST**

[CLICK HERE TO REGISTER](#)

**Toddlers, Tantrums, and Toilet Training:** This workshop will go over some basic child development around the toddler years, how to handle tantrums, as well as some guidelines for understanding when your child is ready to toilet train and how to handle the process.

**Workshop Facilitator: Annie Mudick, LMSW**

**When: Friday, March 14<sup>th</sup> at 1 PM EST**

[CLICK HERE TO REGISTER](#)

**Self care and stress management:** For parents and caregivers of all ages. Take some time to learn ways to take care of yourself so you can better take care of those you love.

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

**When:** Thursday, March 20th at 3:00 PM EST

[CLICK HERE TO REGISTER](#)

**Helping Children Cope with Death, Loss, & Grief:** This workshop will provide information and guidance on how to provide your children with the necessary space to help them cope with death, loss, and/or grief.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, March 21st at 11 AM 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

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

**When:** Thursday, March 27th at 2:00PM EST

[CLICK HERE TO REGISTER](#)

**Advocacy Techniques for Parents:** This workshop discusses what advocacy is, what it is used for, and ways that you can advocate for yourself and the children in your life.

**Workshop Facilitator:** Annie Mudick, LMSW

**When:** Friday, March 28<sup>th</sup> 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.