HENRY STREET SETTLEMENT

The Parent Center




## ✨ OCTOBER 2026 PARENT CENTER WORKSHOPS ✨

Every month, the Parent Center hosts one-time workshops covering a variety of parenting topics. These workshops are super convenient as they're held online via Zoom and are led by our awesome team of licensed social workers and mental health staff. Keep scrolling to check out this month's workshops and sign up. And guess what? They're **FREE** and open to everyone! See you there!

**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. 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

**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, LCSW
**When**: Friday, October 2nd at 11:00 AM
Click here to register!

**How to Talk to Children About Domestic Violence**: October is National Domestic Violence Awareness Month. 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.
**Facilitator**: Shannon Ganley, MHC-LP
**When**: Tuesday, October 6th at 1:00 PM
Click here to register!

**Dealing with Sibling Rivalry**: Geared toward parents of children of all ages and focuses on what sibling rivalry is and why it happens, helping children identify and express their feelings, and how parents can best respond.
**Workshop Facilitator:** Annie Mudick, LCSW
**When**: Thursday, October 8th at 1:00 PM
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.
Facilitator: Shannon Ganley, MHC-LP
When: Tuesday, October 13th at 1:00 PM
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**: Annie Mudick, LCSW
**When**: Friday, October 16th at 11:00 AM
Click here to register!

**Supporting Children with Comparison and Jealousy**: Children often struggle with feelings of comparison or jealousy. Learn how to explore these feelings with your children and work through them collaboratively in healthy, age-appropriate ways.
**Workshop Facilitator**: Shannon Ganley, MHC-LP
**When**: Tuesday, October 20th at 1:00 PM
Click here to register!

**Navigating the Tween Years**: For parents of kids ages 8 to 12, this workshop covers milestones, possible challenges, ways to effectively communicate, and how to manage difficult behaviors.
**Workshop Facilitator**: Annie Mudick, LCSW
**When**: Friday, October 23rd at 11:00 AM
Click here to register!

**Successful Co-parenting**: This workshop focuses on how parents living in separate homes can utilize effective communication, conflict resolution, plus a co-parenting plan to successfully parent their children together and help them to adjust.
**Workshop Facilitator**: Shannon Ganley, MHC-LP
**When**: Tuesday, October 27th at 1:00 PM
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**: Annie Mudick, LCSW
**When**: Friday, October 30th at 2:00 PM
Click here to register!