



✨ SEPTEMBER 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

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, September 1st at 2:00 PM

[Click here to register!](#)

Help with Homework: Engaging Cooperation from Children: Learn techniques to help encourage your child to complete assigned homework and continue learning at home now that school is back in session.

Workshop Facilitator: Annie Mudick, LCSW

When: Friday, September 4th at 11:00 AM

[Click here to register!](#)

Talking to Kids About Gender Identity and Sexuality: Learn terms and other information related to gender identity and sexuality and ways to talk about these topics with children and teens.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Tuesday, September 8th at 1:00 PM

[Click here to register!](#)

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

Workshop Facilitator: Annie Mudick, LCSW

When: Friday, September 11th at 11:00 AM

[Click here to register!](#)

***NEW* Evaluations, IEPs, and Resolving Concerns:** This workshop will present information related to special education evaluations and IEPs. Parents will also learn more about their options if they have concerns or disagreements with the findings or outcomes.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Tuesday, September 15th at 1:00 PM

[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, LCSW

When: Friday, September 18th at 11:00 AM

[Click here to register!](#)

Consent 101: Reviews the definition of consent within familiar, platonic, and sexual relationships, shares the do's and don'ts of consent and how to communicate with your children about consent.

Workshop Facilitator: Shannon Ganley, MHC-LP

When: Tuesday, September 22nd at 1:00 PM

[Click here to register!](#)

Time Management: Learn strategies on how you can manage the hectic schedules around school, activities, work, and more.

Workshop Facilitator: Annie Mudick, LCSW

When: Thursday, September 24th at 1:00 PM

[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: Shannon Ganley, MHC-LP

When: Tuesday, September 29th at 1:00 PM

[Click here to register!](#)