



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – Fall and Winter 2016

Located at: Union Congregational Church, 176 Cooper Ave, Montclair NJ 07043

Pre-registration required. Please contact Susan (sjohnson@copecenter.net, 973 783-6655)

COMMUNICATION & BOUNDARIES

October 8th from 10:30 am – 12:00 pm

While all children need guidance and boundaries, it can feel like life with children of all ages is a 24/7 battle. Fortunately, there are some concrete skills that can help. Join with other parents to learn how to “pick your spot,” communicate it clearly, and stick to it. We will also review active listening strategies and how this “soft skill” has value for your children both in and beyond the family. Ideal for parents and caregivers with children of all ages, especially pre-teens through young adults.



Other upcoming workshops:

CREATING YOUR PARENTING PLAYBOOK: PARENTING AS A TEAM

November 5th from 10:30 am – 12:00 pm

POSTIVE PARENTING: BE AN EFFECTIVE COACH FOR YOUR FAMILY

December 3rd from 10:30 am – 12:00 pm

NEW YEAR'S RESET: GETTING “PLUGGED-IN” TIME UNDER CONTROL

January 7th from 10:30 am – 12:00 pm

Looking for more parenting advice? Check out our website:

www.spenj.org.



Montclair Community Intervention Alliance



Co-sponsored by Union Congregational Church