



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – Spring 2017

LAUNCHING TEENS AND YOUNG ADULTS

Saturday, May 20th from 10:30 am – 12:00 pm

Successfully launching your young adult begins long before high school graduation. Throughout the teen years there are a series of milestones that serve as a countdown to a successful transition to adulthood. The dynamic of the parent/child relationship shifts dramatically as your teen becomes more independent. This workshop explores the developmental, emotional and practical aspects of this transition. The associated anxiety and emotional stress, the nuts of bolts of parenting through this process, as well as ways to help young people make safe choices, will be discussed.

This workshop is for parents of teens who are just beginning this journey as well as for parents of older children.

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

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



Other upcoming workshops:

FOUNDATIONAL PARENTING SKILLS

(June 10th)

Looking for more parenting advice? Check out our website:

www.spenj.org



Co-sponsored by Union Congregational Church