



COPE Center COMMUNITY PROGRAMS

Free Parenting Workshops – Winter / Spring 2016

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

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

POSTIVE PARENTING: BE AN EFFECTIVE COACH FOR YOUR FAMILY

December 3rd from 10:30 am – 12:00 pm

How we parent affects children's long-term outcomes. This workshop explores approaches and practical techniques, including effective communication strategies and ways to balance fun and structure to create a positive family atmosphere. Ideal for parents and caregivers with children of all ages.



Other upcoming workshops:

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

January 7th from 10:30 am – 12:00 pm

GRACE UNDER PRESSURE: LEARNING HOW TO KEEP YOUR COOL
AND HELP YOUR CHILDREN KEEP THEIRS

(February)

EMOTIONAL REGULATION AND MINDFULNESS

(March)

ACTIVE LISTENING

(April)

LAUNCHING OLDER TEENS AND YOUNG ADULTS

(May)

SELF-CARE AND SAFE SUMMER FUN

(June)

Looking for more parenting advice? Check out our website:

www.spenj.org.



