



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – Fall 2017

CREATING YOUR PARENTING PLAYBOOK: PARENTING AS A TEAM

Saturday, November 4th from 10:30 am – 12:00 pm

Effective parenting is much easier when you and parenting “partners” are working from the same playbook. This workshop explores the advantages and barriers to parenting as a team, building on the foundation of identifying and acknowledging your core values. We will learn how to improve our ability to “be on the same page”. Special situations such as integrating other family adults or coping with a co-parent who is absent or refuses involvement will also be addressed.

Ideal for parents and caregivers of children of all ages.

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

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



MINDFULNESS: MANAGING SEASONAL STRESS (December 2nd)

Workshops will continue through the Winter and Spring of 2018. Topics include: Emotional Regulation, Managing Conflict, Taming Technology, and Parenting Styles & Children’s Temperaments. Email sjohnson@copecenter.net to join our mailing list.

Looking for more parenting advice? Check out our website:

www.spenj.org



Co-sponsored by Union Congregational Church