



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)

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

January 21st from 10:30 am – 12:00 pm

It's hard for all of us to disconnect from our devices and to create digital boundaries for ourselves and for our families. This workshop explores the impact of being "plugged-in," including brain, social and emotional development. Determining how technology fits into your family's values and finding the right strategies for managing electronic use are all part of taming technology. Ways to help your child develop a responsible online presence will be discussed.

Ideal for parents and caregivers of children of all ages.



Other upcoming workshops:

**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.



Montclair Community Intervention Alliance



Co-sponsored by Union Congregational Church