



COPE Center Community Programs

Free Parenting Workshops – Fall 2017

Located at: Union Congregational Church, 176 Cooper Ave, Montclair NJ 07043
Pre-registration required. Please contact Susan (sjohnson@copecenter.net, 973 783-6655)

POSITIVE PARENTING SKILLS

October 21th from 10:30 am – 12:00 pm

This workshop will remind parents and caregivers of the essential elements of effective parenting that help to provide a happy and stable environment for your child to develop as independent and resilient individuals. These concepts and skills will be discussed: developing a strong parenting partnership; increasing positivity through play; setting limits (including discipline); using communication strategies to provide structure to family life; navigating conflict and understanding the emotional triggers that challenge the parent-child relationship; and using the tools of mindfulness to manage emotions in a healthy way. Ideal for parents and caregivers of children of all ages, with a focus on toddler through elementary ages.

CREATING YOUR PARENTING PLAYBOOK: PARENTING AS A TEAM

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. We will learn how to improve parents’ 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 with children of all ages.

MINDFULNESS: MANAGING SEASONAL STRESS

December 2nd from 10:30 am – 12:00 pm

It can be challenging to juggle the demands of the holiday season. Focusing on mindfulness techniques, this workshop will give participants hands-on practice with a variety of self-calming strategies to manage this stress and throughout the year. The tools of mindfulness help people understand, tolerate, and deal with their emotions in healthy ways, by providing techniques to alter our habitual responses by pausing and choosing how we act. In addition, we will explore how helping our children manage their emotions effectively is a key building block in family communication, school success, and positive peer interactions.



Workshops will continue through the Winter and Spring of 2018. Topics including: 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



Montclair Community Intervention Alliance



Co-sponsored by Union Congregational Church