



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – Spring 2018

TAMING TECHNOLOGY: GETTING “PLUGGED-IN” TIME UNDER CONTROL

April 14th 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.

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:

Parenting Styles and Children's Temperaments
(May 5th)

Looking for more parenting advice? Check out our website:
www.spenj.org.



Co-sponsored by Union Congregational Church