



## COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – Spring 2017

### MANAGING CONFLICT: Keeping Your Cool and Making it a Teachable Moment

Saturday, April 29<sup>th</sup> from 10:30 am – 12:00 pm

This 90-minute workshop will focus on techniques for navigating the conflicts that are a part of all families' lives. The emotional triggers that challenge parent-child relationships and the importance of modeling both behavior and emotional outburst will be discussed, as well as better understanding how to manage stress. Additional information on the effects of anger on the parent-child relationship, school success and safe/unsafe life choices will be presented.

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](mailto:sjohnson@copecenter.net), 973 783-6655)



#### Other upcoming workshops:

LAUNCHING OLDER TEENS AND YOUNG ADULTS  
(May 20<sup>th</sup>)

SELF-CARE AND SAFE SUMMER FUN  
(June 10<sup>th</sup>)

Looking for more parenting advice? Check out our website:

[www.spenj.org](http://www.spenj.org)



Montclair Community Intervention Alliance



*Co-sponsored by Union Congregational Church*