



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

### MINDFULNESS: MANAGING SEASONAL STRESS

Saturday, 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.

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)



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](mailto:sjohnson@copecenter.net) to join our mailing list.

**Looking for more parenting advice? Check out our website:**

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



*Co-sponsored by Union Congregational Church*