



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

### POSITIVE PARENTING SKILLS

Saturday, October 21<sup>st</sup> 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.

**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)



PARENTING AS A TEAM  
(November 4<sup>th</sup>)

MINDFULNESS: MANAGING SEASONAL STRESS  
(December 2<sup>nd</sup>)

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*