



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – Spring 2018

EMOTIONAL REGULATION: SKILLS FOR MANAGING EMOTIONS

Saturday, February 10th from 10:30 am – 12:00 pm

Emotional regulation is one of those terms that is currently popping up in discussions about parenting. Have you ever wondered what it meant and how it might be relevant for you and your family? This 90-minute workshop focuses on developing the skills needed for managing emotions under all circumstances. Developing these skills in the day-to-day allows you to successfully keep your cool when in crisis mode. Participants will learn how to set themselves and their families up for success by reducing vulnerabilities while developing a tool box of self-calming strategies. 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.

This workshop is for parents 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)



Upcoming workshops:

Managing Conflict
(March 10th)

Taming Technology
(April 14th)

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