COPE Center COMMUNITY PROGRAMS
Free Parenting Workshops – Spring 2017

EMOTIONAL REGULATION AND MINDFULNESS

March 25th from 10:30 am – 12:00 pm

Focusing on mindfulness techniques, this 90-minute workshop will give participants hands-on practice with a variety of self-calming strategies. 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, 973 783-6655)

Other upcoming workshops:

GRACE UNDER PRESSURE: LEARNING HOW TO KEEP YOUR COOL AND HELP YOUR CHILDREN KEEP THEIRS
(April 29th)

LAUNCHING OLDER TEENS AND YOUNG ADULTS
(May 20th)

SELF-CARE AND SAFE SUMMER FUN
(June 10th)

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

Montclair Community Intervention Alliance

GCADA Governor's Council on ALCOHOLISM & DRUG ABUSE

Co-sponsored by Union Congregational Church