



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – Spring 2017

POSITIVE PARENTING SKILLS

Saturday, October 21th 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, 973 783-6655)



PARENTING AS A TEAM

(November 4th)

MINDFULNESS: MANAGING SEASONAL STRESS

(December 2nd)

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 to join our mailing list.

Looking for more parenting advice? Check out our website:

www.spenj.org



Montclair Community Intervention Alliance



Co-sponsored by Union Congregational Church