



## COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – December 2018

### MINDFULNESS: MANAGING SEASONAL STRESS

*Montclair: Saturday December 1<sup>st</sup> from 10:30 am – 12:00 pm*

*West Orange: Sunday December 9<sup>th</sup> from 1:30 – 3:00 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 stress now 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.

**Pre-registration is required. Please email [sjohnson@copecenter.net](mailto:sjohnson@copecenter.net)**

Montclair workshop located at  
Union Congregational Church  
176 Cooper Avenue  
Montclair, NJ 07043

*Co-sponsored by Union Congregational Church  
and Montclair Community Intervention  
Alliance*

West Orange workshop located at  
West Orange Public Library  
46 Mount Pleasant Avenue  
West Orange, NJ 07052

*Co-sponsored by West Orange Municipal  
Alliance*

Workshops will continue through the Winter and Spring of 2019. Topics include: Launching Your Teen, Emotional Regulation, Managing Conflict and Active Listening Skills. 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)



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Disclaimer: the advertised event is not a school sponsored function or an endorsement by the school district