



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – February 2019

MANAGING CONFLICT AND MAKING IT A TEACHABLE MOMENT

Montclair: Saturday February 9th from 10:30 am – 12:00 pm

West Orange: Sunday February 24th from 1:30 – 3:00 pm

This 90-minute workshop will focus on techniques for navigating the conflicts that are a part of all families' lives. Learning how to recognize and manage your own anger is an important step in becoming a better role model for your child. The impact of a parental behavior on a child, what triggers anger, and ways to express and control it in non-explosive ways, will be discussed, as well as better understanding how to manage stress. Additional information on the effects of anger on the parent-child relationship and ideas for improving outcomes after family conflict will be presented. Ideal for parents and caregivers of children of all ages.

Pre-registration is required. Please email 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 Spring of 2019. Topics include: Active Listening Skills, Launching Your Teen, and Taming Technology. Email sjohnson@copecenter.net to join our mailing list.



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



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