



COPE Center COMMUNITY PROGRAMS

Free Parenting Workshops – March 2019

ACTIVE LISTENING: WHAT? WHY? HOW?

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

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

How often do you really listen to what someone is saying to you? Especially when that someone is your child or your partner? Truly hearing what someone is saying requires attention and effort but is an important part of building better relationships. Like so many other things, good listening is a muscle that you can develop and exercise. In this 90-minute workshop you will learn about and practice active listening. Using these skills communicates to others that you truly hear what they are saying in a non-judgmental way, while helping you be a better listener and modeling an important life skill for your family. In addition, active listening can be a tool for helping someone dig deeper into their thoughts and feelings no matter their age. Ideal for parents and caregivers with 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: 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