



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops Spring 2019

TAMING TECHNOLOGY: PARENTING THE ONLINE CHILD

Montclair: Saturday April 6th from 10:30 am – 12:00 pm

West Orange: Sunday May 5th from 1:30 – 3:00 pm

Is your family's use of electronic devices out of control? This workshop explores the impact of being "plugged-in" on your child's development; there is a long list of issues related to excessive time spent online, depression and addiction among the most serious. We will discuss a framework that navigates the challenges of taking back control and strategies for a healthy relationship with technology, all in the context of a broader approach to parenting and setting limits.

This workshop is 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. Final topic: Launching Your Teen.
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