



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – May 2019

COUNTDOWN TO A SUCCESSFUL LAUNCH

Montclair: Saturday May 18th from 10:30 am – 12:00 pm
West Orange: Thursday May 30th from 7:00 – 8:30 pm

Successfully launching your young adult begins long before high school graduation. The dynamic of the parent/child relationship shifts dramatically as your teen becomes more independent. Being mindful of the milestones that count down to adulthood can help both parents and young adults prepare for and participate in this transition. However, the path to growing independence is rarely smooth - on one hand parents are dealing with the emotional issues associated with their child's metamorphosis, and on the other hand teens are at the mercy of a maturing brain that relies heavily on emotional responses to situations. It's hard to see the milestones when you're riding a roller coaster!

This workshop explores the developmental and emotional aspects of this transition. The associated anxiety and emotional stress and ways to help young people make safe choices will be discussed.

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 resume in October 2019. Email sjohnson@copecenter.net to join our mailing list.



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



COPE Center, Inc.
104 Bloomfield Avenue
Montclair, NJ 07042
973-783-6655
copecenter.net



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