



## COPE Center COMMUNITY PROGRAMS Free Parenting Workshops

### *Let's talk about... PARENTING TEENS*

In a good year, parenting a teen is a challenge. This year it's simply been HARD. For parents, you've had to juggle so many additional responsibilities, cut off from normal routines and interactions, dealing with "broken brain", coping with losses big and small... all while trying to parent your teenager. For teenagers, they've had to cope with their own losses while blocked from most of the social interactions they urgently require in this stage of their journey to adulthood ... as their brains are being re-wired! No wonder experts are raising red flags regarding teen mental health.

In this workshop we will explore many of these challenges and look for ways to make things a little easier for everyone involved.

Workshops are one hour long and are offered via Zoom. This workshop is currently scheduled for:

<b>Thursday April 22<sup>nd</sup></b>	<b>7:30 – 8:30 pm</b>
<b>Sunday April 25<sup>th</sup></b>	<b>1:30 – 2:30 pm</b>
<b>Thursday May 13<sup>th</sup></b>	<b>7:30 – 8:30 pm</b>

If you are interested in participating, please email [sjohnson@copecenter.net](mailto:sjohnson@copecenter.net) with your preferred date(s) so that you can be sent a zoom link. If you are unable to participate at any of the times above, please let us know! We are happy to schedule additional sessions if there is a need.

Our next workshop, *Let's Talk about... Parenting Children*, is tentatively scheduled for Wednesday May 5<sup>th</sup> and Sunday May 16<sup>th</sup>.



Looking for more parenting advice? Check out our website for parents:

[www.spenj.org](http://www.spenj.org)



**COPE Center, Inc.**  
104 Bloomfield Avenue  
Montclair, NJ 07042  
973-783-6655  
[copecenter.net](http://copecenter.net)



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