



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – December 2019

ACTIVE LISTENING: What? Why? How?

Montclair: Saturday December 7th from 10:30 am – 12:00 pm

West Orange: Sunday December 15th 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.

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 (GCADA)

West Orange workshop located at
West Orange Public Library
46 Mount Pleasant Avenue
West Orange, NJ 07052

Co-sponsored by West Orange Public Library and West Orange Municipal Alliance (GCADA)

Monthly workshops will continue through May 2020. Future topics include: Successful Launching Starts Today, Parenting as a Team and Mindfulness. More information is available under Parent Workshops on SPENJ.ORG. 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