



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops – March 2020

MINDFULNESS FOR PARENTS

Montclair: Saturday March 14th from 10:30 am – 12:00 pm
West Orange: Sunday March 22nd from 1:30 – 3:00 pm

Being a parent is stressful! This workshop focuses on mindfulness techniques and will give participants "hands-on" practice with some self-calming strategies. By being mindful you can understand, tolerate and deal with your emotions in healthy ways. In addition, we will explore how helping our children learn to pause and choose helps them manage their emotions and is a key building block in family communication, school success, and positive peer interactions.

Ideal for parents and caregivers of children of all ages.

Pre-registration is requested. 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*

Monthly workshops will continue through May 2020. Future topics include: Regulating Emotion and Managing Conflict and Preparing for Change. For more information visit SPENJ.ORG and select Parent Workshops in the menu bar For more information visit SPENJ.ORG and select Parent Workshops in the menu bar. Email sjohnson@copecenter.net to join our mailing list or to sign up for our monthly newsletter.



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