



COPE Center COMMUNITY PROGRAMS Free Parenting Workshops

Let's talk about... PARENTING KIDS *(to age 12)*

You have to parent the child you have. This may seem pretty obvious, but this means that you shouldn't try to parent the child you *wish* you had. And if that isn't hard enough, your child is constantly changing, growing and maturing, until one day emerging first as a teen and then an adult.

- What do these developmental changes mean for your child?
- What do they mean for you as a parent?
- How do you adjust your parenting style as your child grows and matures?

The pandemic has brought many issues and concerns into sharper focus as it has transformed everyone's lives. How can we, as parents, support our children while also practicing self-care as we all emerge into a "new normal"?

These are some of the questions we will discuss in this workshop, focusing on parenting children up to age 12.

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

Wednesday May 5th	7:30 – 8:30 pm
Sunday May 16th	1:30 – 2:30 pm

To register, please email sjohnson@copecenter.net with your preferred date(s) so we can send you the Zoom link. If you are unable to participate at any of the times above, please let us know! We plan to schedule additional sessions.

Our Let's Talk About... PARENTING TEENS workshop focuses on parenting teens from age 12 up into their mid-20s and is scheduled for Thursday May 13th.



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

www.spenj.org



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