

COPE Center
104 Bloomfield Ave
Montclair, NJ
07042

Parenting Workshops

2011
Saturday Series
2 Hours Each
10AM—Noon

DETAILS:

Parenting Workshops Provided by COPE Center in Montclair

Where?	COPE Center 104 Bloomfield Montclair, NJ
How to Register?	Call 973 783 6655
More Info?	Call and ask for Mary or Connie

The **COPE Center**, in partnership with the **Montclair Community Intervention Alliance**, is offering **parenting workshops**. The program is designed to offer parents an opportunity obtain **new ideas** that will help them to help their children. The workshops will offer a wide range of tips on how to partner with teachers to enhance the child's performance, create an environment in which kids want to spend time at home, improve communication and build a relationship with older children. Extensive research has demonstrated that building these kinds of solid foundations with children is an essential part of helping kids make the right decisions when they encounter alcohol, tobacco and drugs.

To make it easier for parents to attend, **childcare can be arranged with at least one week's advance notice**. Parents should mention the need for childcare when registering, and give the ages of the children who will require care.

Special points of interest:

- Workshops provided for a \$5.00 donation, but no one will be turned away if they cannot make a contribution.
- Easy phone registration
- Childcare can be arranged if we are notified at least one week in advance

Workshop Schedule:

February 19—Positive Parenting: Integrating fun, discipline and appropriate risk-taking in your parent toolbox (10AM—Noon)

March 12—Big Emotions: Helping your child to identify feelings and to manage them appropriately (10AM—Noon)

April 9—Leave Me Alone!: Improving Communication and setting boundaries with your child (10AM—Noon)

May 14—Crossing the Divide: Co-parenting strategies to put your child first (10AM—Noon)

June 11—It's Never Too Late: Launching your teen or young adult (10AM—Noon)

Registration can be done by calling **(973)783-6655** any weekday between 9AM and 5PM. One of the workshop facilitators will contact attendees to confirm registration and answer questions.


 Montclair Community Intervention Alliance

