

COPE Center  
104 Bloomfield Ave  
Montclair, NJ  
07042

# Parenting Workshops

1-part and 2-part workshops  
90 minutes each  
10:30AM—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.

Some workshops are offered as a set over consecutive weekends; we encourage you to attend both. Others are a single Saturday offering. Attending the entire year's series will provide maximum benefit to you and your family.

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 any questions.

### 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
- Pre-registration is required—sign up for all the ones you are interested in with one phone call!

### Workshop Schedule:

October 1— Fresh Start: Making this school year the best one yet! (10:30AM—Noon)

October 8—Positive Parenting: New techniques for your parent toolbox (10:30AM—Noon)

November 5—Parent, Heal Thyself: How being a better parent means taking care of yourself (10:30AM—Noon)

January 28—At Wit's End PART ONE: When you and your child are out of control (10:30AM—Noon)

February 4—At Wit's End PART TWO: When you and your child are out of control (10:30AM—Noon)

March 10— On the Same Page: Parenting as a team (10:30AM—Noon)

April 28—Leave Me Alone! PART ONE: Improving Communication and setting boundaries with your child (10:30AM—Noon)

May 5—Leave Me Alone! PART TWO: Improving Communication and setting boundaries with your child (10:30AM—Noon)



Montclair Community Intervention Alliance

