

Coping Power Program

A 6 week parenting program for parents/caregivers with children/youth (ages 8-11).

Is the **Coping Power Program** for YOU?

- Frustrated with your child's behavior.
- Losing control of the positive direction you want for your family.
- Unable to communicate with your child.

Strengthen Your Parenting Skills. Attend this free 6 week program sponsored by the Family Support Organization of Bergen County (FSOBC) in collaboration with the Bergen County Division of Family Guidance. Learn proven strategies that will help you:

- Set clear rules and expectations
- Learn appropriate discipline practices
- Parental stress management
- Family communication and problem solving

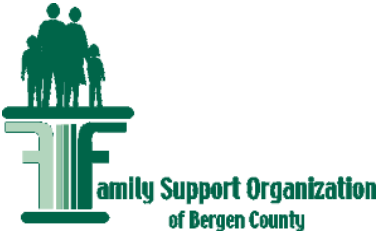
The **Coping Power Program** is a six week interactive skill building program:

Dates: Six (6) Mondays, February 6, February 13th, February 27th, March 5th, March 12th, March 19th

Time: 10:00 – 11:30 AM

Place: Family Support Organization of Bergen County
0-108 29th Street, Fairlawn, NJ 07410
Phone: (201) 796-6209, 102
Fax: (201) 796-1151

We have adult supervision for children/youth at least 5 yrs. old while parents/caregivers participate in classes. Space is limited so register early. Any questions call (201) 796-6209 x102. Please complete the registration form and return to the FSOBC. **Please schedule to attend all six scheduled workshops.**



“Coping Power Program” Registration Form

❧ NO COST TO YOU TO ATTEND ❧

Parents and/or Caregivers Name: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

Email Address: _____

Age of Child: (ages of all children) _____

Will you need adult supervision for children/youth during the workshop?

Yes _____ No _____

If yes, please list the ages of the children requiring adult supervision: _____

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