

## **COPE Establishes New Parenting Skills Training Groups**

The COPE Center, Inc., headquartered in Montclair, has recently added Parenting Skills Training Groups to the counseling programs it offers. The Parenting Groups will be held at COPE's Verona location at 30 Gould Street and are open to any mom or dad who would like to learn more about parenting or improve their parenting skills. To accommodate as many participants as possible, these training groups are being offered in two languages. There will be separate groups for English- and Spanish-speaking parents so that language will not be a deterrent to understanding the concepts being discussed.

“Parenting is a wonderful, but challenging task,” explains Rose Maire, clinical supervisor of COPE's counseling staff. She adds, “These group sessions will prepare attendees for the responsibilities of parenthood and will give them the opportunity to learn effective parenting strategies in a comfortable and relaxed setting.” Parents will gain trust in their ability to deal with common family problems and confidence in their judgment. They will learn effective discipline strategies and how to improve family communications, build and maintain positive relationships with their children, and avoid crises. Maire notes, “We are also very excited about being able to offer these sessions in both English and Spanish to meet the needs of those in our area.”

The parenting group will meet weekly for an hour and a half each time. There will be two series of four sessions each. For more information or to find out when the next Parenting Skills Training Group will begin, please contact COPE at 973-783-6659 or e-mail at [info@copecenter.net](mailto:info@copecenter.net).

COPE is a nonprofit agency dedicated to providing quality behavioral health-care services that are affordable, accessible, and responsive to individual, family, and community needs. The letters of COPE's name stand for Counseling, Outreach, Prevention, and Education, all areas in which the agency's professional staff is actively engaged in programs throughout Essex County and surrounding areas, including the centers in Montclair and Verona. Its counselors work in the areas of drug and alcohol abuse, family crises, problems in daily living, and AIDS. COPE was started over 30 years ago by the Junior League of Montclair and the United Way of North Essex.

Information on any of COPE's programs is available by calling 973-783-6659 or by visiting the agency's Web site, [www.copecenter.net](http://www.copecenter.net).