



COPE Center COMMUNITY PROGRAMS FREE Parenting Workshop – May 2019



TAMING TECHNOLOGY: PARENTING THE ONLINE CHILD

West Orange: Sunday May 5th from 1:30 – 3:00 pm

Is your family’s use of electronic devices out of control? This workshop explores the impact of being “plugged-in” on your child’s development; there is a long list of issues related to excessive time spent online, depression and addiction among the most serious. We will discuss a framework that navigates the challenges of taking back control and strategies for a healthy relationship with technology, all in the context of a broader approach to parenting and setting limits.

This workshop is ideal for parents and caregivers of children of all ages.

Pre-registration is required. Please email sjohnson@copecenter.net.

**West Orange Public Library
46 Mount Pleasant Avenue
West Orange, NJ 07052**

Co-sponsored by West Orange Municipal Alliance



Workshops will continue through the Spring of 2019. The last topic for School Year 2018-19 is Launching Your Teen. Email sjohnson@copecenter.net to join our mailing list.



Looking for more parenting advice? Check out our website: www.spenj.org



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GCADA Governor’s Council on
ALCOHOLISM & DRUG ABUSE