



## COPE Center COMMUNITY PROGRAMS Free Parenting Workshops

### *Let's talk about... REALLY LISTENING*

Want to help your family members (and friends) cope with everything that's going on in their lives? Try *really listening* to them. Few things are as affirming as the feeling that someone is *actually hearing* what you are saying. Listening does NOT involve trying to solve the speaker's problems for them, nor offering your take (*aka* opinion or judgement) on what they're saying. Listening is not a passive activity. The listener has to absorb what is being said, truly understand it, and respond with empathy. And the best part about really listening to someone else is that they will be far more likely to really listen to you as well.

Like so many other things, good listening is a muscle that you can develop and exercise. During this one hour zoom workshop we will focus on what it means to really listen to someone, and then you will get to practice your new skill one-on-one in a breakout room.

Workshops are one hour long and are offered via Zoom. This workshop is currently scheduled for:

**Wednesday February 17<sup>th</sup> 7:30 – 8:30 pm**  
**Sunday February 21<sup>st</sup> 1:30 – 2:30 pm**  
**Thursday February 25<sup>th</sup> 7:30 – 8:30 pm**

If you are interested in participating, please email [sjohnson@copecenter.net](mailto:sjohnson@copecenter.net) with your preferred date(s) so that you can be sent a zoom link.



**Looking for more parenting advice? Check out our website for parents:**

**[www.spenj.org](http://www.spenj.org)**



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