



Coping Power Program

5 week parenting program for parents/caregivers of youth ages 5-11 years old.

Do your Parenting Skills need a Tune-Up?

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

If yes, then **Coping Power Program** is for You!

Here's your opportunity to strengthen your parenting skills! Attend this 5 week program interactive skill building program sponsored by the Family Support Organization (FSOBC) in collaboration with the Bergen County Division of Family Guidance.

Learn proven strategies that will help you:

- ✓ Set clear rules and expectations.
- ✓ Learn how to respond to various behaviors.
- ✓ Parental stress management.
- ✓ Family communication and problem solving.

Dates: Five (5) Mondays: November 7, 14, 21, 28, December 5

Please plan on attending all 5 sessions

Time: 10:00-11:30am

**Location: Family Support Organization of Bergen County
108 29th Street
Fair Lawn, NJ 07410
www.fsobergen.org**

Cost: FREE!

Note: There is **no** child care for this program

Want to register? Have questions?

Email: ls@fsobergen.org or Call: 201-796-6209 x217