

## Coping Power Program

*A 4 week parenting program for parents/caregivers with children/youth (ages 8-11).*

Strengthen Your Parenting Skills. Attend this free 4 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 how to respond to various behaviors
- Parental stress management
- Family communication and problem solving

### 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.

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

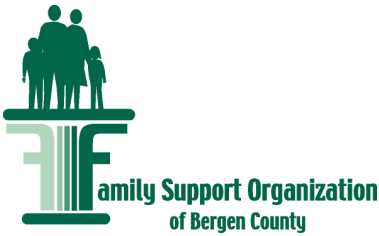
Dates: Four (4) Tuesdays, March 22<sup>nd</sup>, March 29<sup>th</sup>, April 5<sup>th</sup>, April 19<sup>th</sup> 2016

Time: 9:30-11:00am

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

Fax: (201) 796-1151

Any questions call (201) 796-6209 x102. Please complete the registration form and return to the FSOBC. **Please schedule to attend all four workshops.**



## “Coping Power Program” Registration Form

**❧ NO COST TO YOU TO ATTEND ❧**

Parents and/or Caregivers Name: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone Number: home: \_\_\_\_\_ cellphone: \_\_\_\_\_

(Optional ) Program referral: a friend\_\_ school \_\_ FSOBC peer support partner\_\_  
Agency\_\_ please include name \_\_\_\_\_ FSOBC website \_\_\_\_\_  
other \_\_\_\_\_

Email Address: \_\_\_\_\_

Age of Child: (ages of all children) \_\_\_\_\_

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