

# COPE

## The Community Parent Education Program



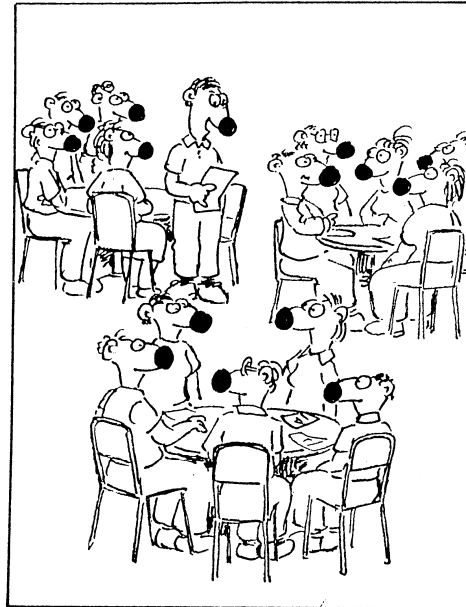
### Leader Training Workshop

September 16<sup>th</sup> & September 17<sup>th</sup>  
2010

Marriott Courtyard  
1224 Upper James Street  
Hamilton, Ontario

### What is COPE?

*COPE is a large group parenting course with proven effectiveness. COPE has been conducted for families of children with ADHD, Oppositional Disorders, and Developmental Disabilities. COPE has been adapted for parents of infants, preschoolers, school aged children, and adolescents. COPE parenting workshops have been conducted in schools, child care settings, recreation centres, children's treatment centres, and hospitals. Detailed leader manuals and videotapes have allowed COPE programs to be conducted successfully throughout Canada and the United States.*



### Why Should I Attend?

*There is a great need for cost effective, evidence-based service delivery models, capable of meeting the needs of the large group of families seeking assistance in the development of more effective parenting skills.*

### What Will I Learn?

*The workshop's discussions, demonstrations, role playing exercises, and manuals will provide professionals with the skills to:*

- Set up COPE courses*
- Conduct COPE sessions*
- Conduct Large Group Problem Solving*
- Facilitate Large Group Process*
- Solve Common Problems*

### Who Should Attend?

- Early Childhood Educators*
- Public Health Nurses*
- Social Workers*
- Psychologists*
- Other Interested Professionals*

## **Workshop Leaders:**

**Charles E. Cunningham, PhD.**  
Professor  
Department of Psychiatry and  
Behavioural Neurosciences  
McMaster University

**Randi Knight, E.C.E., C.**  
Senior COPE Group Leader  
McMaster Children's Hospital  
Chedoke Site  
Certified COPE Trainer

**Rita Harrison, E.C.E., C.**  
Senior COPE Group Leader  
McMaster Children's Hospital  
Chedoke Site  
Certified COPE Trainer

## **Additional Reading About COPE:**

Cunningham, C. E., Bremner, B., & Boyle, M. (1995). Large group school-based courses for parents of pre-schoolers at risk for disruptive behaviour disorders: Utilization, outcome, and cost effectiveness. *Journal of Child Psychology and Psychiatry*, 36, 1141-1159.

Cunningham, C. E. (2006). Large group, community based, parenting courses. In R. A. Barkley (Ed.) *Attention Deficit Hyperactivity: A Handbook for Diagnosis and Treatment*. New York: Guilford Press.

## **What do Professionals Say?**

*"The COPE approach is unique for its ingenious design, cost-efficacy, and scientific credibility . . . What I have found most captivating about the COPE program is how it encourages parents to participate in the process of change. . . Parents find the atmosphere of a COPE session exciting and respectful."*

From How to Operate An ADHD Clinic or Subspecialty Practice

Michael Gordon, Ph.D.  
Professor of Psychiatry  
Faculty of Health Sciences  
State University of New York, Syracuse  
COPE Group Leader

## **What Parents Say About COPE:**

*"I feel calmer and don't get as angry as I used to"*  
*"I should have taken this course sooner"*  
*"I feel more confident"*  
*"Getting together with other parents was very helpful"*  
*"I believe I bettered myself with this course"*

## **Directions To:**

### **Marriott Courtyard:**

#### **From Toronto & Points East:**

QEW West to Hwy. 403 West  
towards Hamilton/Brantford exit at  
Lincoln Alexander Parkway,  
take the Upper James Street  
exit right, to the Marriott, on the right

#### **Questions or Concerns:**

Please call Randi Knight  
(905) 521-2100 Ext. 77312

Thank you for your interest in our program.

## **Registration:**

### **COPE Leader Training Workshop September 16<sup>th</sup> & 17<sup>th</sup> 2010**

The \$260.00 fee includes the COPE Parent Training Leader Package (which includes Leader's Manual and Videotape Analogues), lunch and morning and afternoon refreshments.

## **Registration Info:**

Please Print

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

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

\_\_\_\_\_  
City/Town \_\_\_\_\_ Postal Code \_\_\_\_\_

Business Phone : (\_\_\_\_) \_\_\_\_\_

Home Phone: (\_\_\_\_) \_\_\_\_\_

Fax #: (\_\_\_\_) \_\_\_\_\_

Please make cheque payable to:

### **The COPE Program**

Please mail your cheque along with this form to:

Randi Knight, COPE Program  
McMaster Children's Hospital  
Chedoke Site Evel 134  
P.O. Box 2000

Hamilton, ON L8N 3Z5  
Fax 905-577-8453

- **Please Note:** Cut off date for Workshop Registration will be September 10th, 2010.  
**Registration & Refreshments 8:30 a.m.  
September 16<sup>th</sup> 2010**