

COPE

The Community Parent Education Program



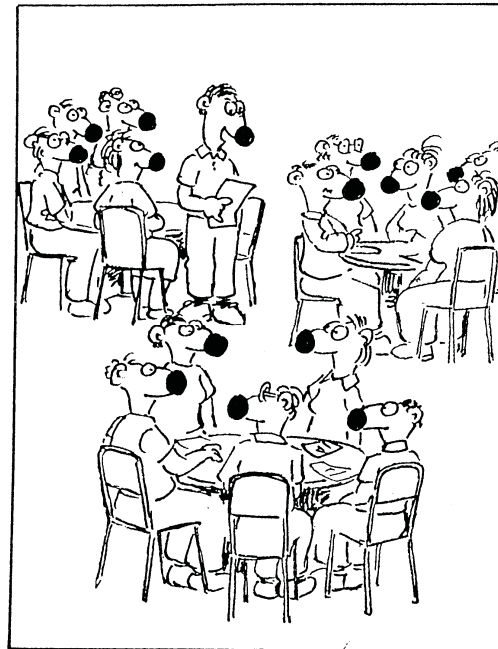
Leader Training Workshop

September 15th & September 16th
2011

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

Rita Harrison, RECE.C.

Senior COPE Leader

McMaster Children's Hospital

Certified COPE Trainer

Shelley Kinzie, RECE, RT

COPE Leader

McMaster Children's Hospital

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 15th & 16th 2011

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:

Shelley Kinzie, COPE Program

565 Sanatorium Road

Hamilton, ON L9C 1C4

Please Note: Cut off date for Workshop

Registration will be September 9th, 2011.

Registration & Refreshments 8:30 a.m.

September 15th 2011