



COPE Level I Leader Training Workshop

January 21 & 22, 2014

What is COPE?

COPE is a cost-effective large group program for parents of 3-12 year old children. COPE workshops help parents strengthen relationships with their child, improve cooperation and solve problems. COPE is an evidence-based program used widely in Canada, the United States and Europe.

What Will I Learn?

Level I Workshops use discussions, demonstrations, role-playing exercises, manuals, and videos to teach professionals the skills needed to set up and conduct COPE courses for parents of 3-12 year olds.

Who Should Attend?

CYW's, PHN's, E.C.E's, Social Workers, Psychologists and other interested professionals.

What do Professionals Say?

The COPE approach is unique for its ingenious design, cost-efficiency, 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 COPE "exciting and respectful"- from *"How to Operate an ADHD Clinic or Subspecialty Practice"* Michael Gordon, Ph.D., Professor of Psychiatry, State University of New York Syracuse.

What do Professionals Say? (Con't)

"Great model, wonderful training"

"Really found the active participation opportunities helpful"

Workshop Leaders:

Charles E. Cunningham, Ph.D., Professor, Department of Psychiatry & Behavioral Neuroscience, McMaster University

Rita Harrison, E.C.E., C.B.Sc., Behaviour Therapist, Senior COPE Group Leader, McMaster Children's Hospital, Child and Youth Mental Health, Chedoke Site.

Next Workshop

Courtyard by Marriott Hotel,
1224 Upper James St. Hamilton, ON L9C 3B1

Cost: \$290.00 fee, which includes the COPE Parent Training Leader Package (Leader Manual & Video Analogues)

Contact Rita Harrison with any questions:

P: 905-521-2100 ext. 77295

E: harrisonr@hpsc.ca



Registration Information:

COPE Level 1 Leader Training Workshop —January 21 & 22, 2014 (\$290.00 fee)

Name: _____ Agency: _____

Address: _____

Email: _____ Business Phone: _____

Home Phone: _____ Fax: _____

Please make cheques payable to: **Hamilton Health Sciences**

Mail too: **Rita Harrison**
McMaster Children's Hospital Chedoke Site.
Evel Building Rm. 143, 565 Sanitorium Rd.
Hamilton, ON L9C 7N1

Please note: **Cut off date for Workshop Registration is January 17, 2014**

Registration will be at 8:30
www.rfts.ca/cope