

Register Early and Save! Use code **EARLYW19**
Save \$50 on Parenting Preschoolers, PEP I, PEP II, PEP III, or Thriving
with Teens classes through **Tuesday, January 1, 2019.**

For almost 40 years, the Parent Encouragement Program (PEP) has taught parents positive parenting, a style of parenting education that leads to better parent-child communication and cooperation while also encouraging firm boundaries and shared responsibility.

Get PEP. Because kids don't come with instructions.

**Winter
2019**

FREE WORKSHOPS • IN-PERSON

Mark Your
Calendar

Why Don't My Kids Listen to Me?

Thurs, Jan 10 | 6:30–8pm | Green Acres School, Bethesda | #801
Sat, Jan 12 | 3–4:30pm | PEP, Kensington | #802

MCPS Parent Academy / Why Don't My Kids Listen to Me?

Wed, Mar 13 | 7–8:30pm | Redland Middle School, Rockville, MD | #602

Registration required: PEPparent.org or 301-929-8824

IN-PERSON COURSE LOCATIONS

- PEP Office, Kensington, MD
- Bender Jewish Community Center, Rockville, MD
- Green Acres School, Bethesda, MD
- Lowell School, Washington, DC
- Christ Church + Washington Parish, Washington, DC
- Temple Micah, Washington, DC

FOR ALL PARENTS • IN-PERSON CLASSES

PEP III: Empowering Yourself and Others

Prerequisite: More Tools for Parenting Preschoolers, PEP I, or Thriving With Teens

Apply the concepts you've learned in your PEP parenting classes to your whole life. Gain insight into yourself, your values, and your relationships with the adults in your life as well as with your children. Taught by PEP's founder, Linda Jessup.

\$279 person / \$498 couple

WEEKLY CLASS (8 WEEKS)

Tues, Jan 15–Mar 5 | 7:30–9:30pm | Kensington | #301

NOTED PARENTING AUTHOR SERIES

• ONLINE PROGRAMS

Recordings available for pre-registrants only.

Tina Payne Bryson, author of *The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child*
January 30 | 8pm EST | \$25

Julie Lythcott-Haims, author of *How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success*
March 21 | 8pm EST | \$25

Katherine Reynolds Lewis, author of *The Good News About Bad Behavior: Why Kids Are Less Disciplined Than Ever—And What to Do About It*
May 15 | 8pm EST | \$25

To register for in-person or online classes, programs, and webinars: **PEPparent.org** or **301.929.8824**
PEP Members receive a 10% discount.

Managing Anger: A Parent's Guide

Examine the real reasons parents get angry (some may surprise you) and learn how to change your thoughts, words, and actions for more positive outcomes. Learn ways to help your kids cope with their anger, too. **Two class formats.**

WEEKLY CLASSES (3 WEEKS)

\$98 person / \$165 couple

Tues, Jan 29–Feb 12 | 7:30–9:30pm | Kensington | #501

Fri, Feb 1–Feb 15 | 10am–12pm | Kensington | #502

Thurs, Feb 21–Mar 14 (skips 3/7) | 7–9pm | Temple Micah, DC | #503

WEEKEND INTENSIVE

\$108 person / \$185 couple | Includes online Q&A session

Sat, Feb 23 | 9:30am–4:30pm | Kensington | #504

Follow-up online Q&A on Mar 4 | 8–9pm

IF YOUR CHILD IS BETWEEN 2½ AND 5 • IN-PERSON

Parenting Preschoolers

Struggling? This is the definitive class to help you nurture a cooperative, happy relationship with your child. Understand your child's temperament and how to handle common challenges in a positive way. **Two class formats.**

WEEKLY CLASSES (8 WEEKS)

\$279 person / \$498 couple • Text: \$18.01

Mon, Jan 28–Mar 25 (skips 2/18) | 7–9pm | Kensington | #411

Tues, Jan 15–Mar 5 | 7:30–9:30pm | Kensington | #412

WEEKEND BOOTCAMP

\$289 person / \$518 couple • Text: \$18.01 | Includes online Q&A session

Sat, Feb 9, 6:30–9:30pm & Sun, Feb 10, 8:30am–4:30pm |

Bender Jewish Community Center, Rockville | #413

Follow-up online Q&A on Feb 25 | 8:30–9:30pm

More Tools for Parenting Preschoolers

Prerequisite: Parenting Preschoolers

Still working on being patient, avoiding power struggles, and calming tantrums? As you learn more tools for calm, effective problem solving, you will lay the foundation of your healthy, productive family life all the years ahead, and enjoy less frustration and more fun with your children now.

\$149 person / \$268 couple • Text \$16.96

WEEKLY CLASS (4 WEEKS)

Tues, Feb 19–Mar 12 | 7–9pm | Kensington | #421

IF YOUR CHILD IS BETWEEN 5 AND 12 • IN-PERSON

PEP I: Parenting 5-to-12 Year-Olds

PEP's signature course provides a sound framework for positive parenting and proven skills to understand and solve behavior problems. Cultivate a close relationship while also motivating your children to be more cooperative, self-disciplined, and successful.

Two class formats.

WEEKLY CLASSES (8 WEEKS)

\$279 person / \$498 couple • Text: \$16.96

Tues, Jan 15–Mar 5 | 10am–12pm | Kensington | #101

Wed, Jan 16–Mar 6 | 7–9pm | Lowell School, DC | #102

Thurs, Jan 17–Mar 7 | 7:30–9:30pm | Kensington | #103

WEEKEND BOOTCAMPS

\$289 person / \$518 couple • Text: \$16.96 | Includes online Q&A session

Fri, Feb 1, 6:30–9:30pm & Sat, Feb 2, 8:30am–4:30pm | Kensington |

#104 | Follow-up online Q&A on Feb 11 | 8–9pm

Sat, Feb 23, 6:30–9:30pm & Sun, Feb 24, 8:30am–4:30pm |

Bender Jewish Community Center, Rockville | #105

Follow-up online Q&A on Mar 18 | 8:30–9:30pm

PEP II: Next Steps for Parenting 5-to-12 Year-Olds

Prerequisite: More Tools for Parenting Preschoolers, PEP I, or Thriving with Teens

This interactive class focuses on problem-solving, providing guided practice for ending power struggles, and talking so your children can hear you. Class time is structured for individual problem solving, helping all participants to better understand their children's goals and figure out how to respond more effectively. **Two class formats.**

\$279 person / \$498 couple • Text \$16.96

WEEKLY CLASSES (9 WEEKS)

Mon, Jan 14–Mar 25 (skips 1/21, 2/18) | 7:30–9:30pm | Kensington | #201

WEEKEND INTENSIVE (2 WEEKS)

Sat, Feb 9 & Mar 2 | 9am–4pm | Christ Church, DC | #202

IF YOUR CHILD IS BETWEEN 13 AND 18 • IN-PERSON

Thriving with Teens

Gain proven, positive strategies to parent teenagers effectively, and learn communication approaches to build a relationship based on mutual respect, cooperation, and responsibility.

\$279 person / \$498 couple • Text: \$18.01

WEEKLY CLASSES (10 WEEKS)

Wed, Jan 16–Mar 20 | 7:30–9:30pm | Kensington | #431

Fri, Jan 18–Mar 22 | 9:30–11:30am | Kensington | #432

FOR COUPLES, FOR DADS • IN-PERSON

Marriage Enrichment Mini-Retreat

Experience improved couple dialogue, explore communication skills, and enrich your level of intimacy. The format includes private couple conversation alternating with small-group sessions.

\$150 couple

Fri, Mar 22, 7–10pm & Sat, Mar 23, 9am–4:30pm | Kensington | #505

Dad's Workshop - Power Tools for Power Struggles

Mon, Mar 25 | 7–9pm | Location TBD | #601

PEP ONLINE AND AT YOUR SERVICE!

- 2 live webinars per month
- Library of recorded webinars available when you need them at PEPparent.Teachable.com
- Noted Parenting Author Series (see other side)
- 4-Week Online Class, Encouragement! Building Your Child's Confidence from the Inside Out
- New in 2019! 4-Week Online Class -- Redefining Discipline
- Explore our 3-in-30 Tip Videos on Facebook

Learn at Your Own Pace! 4-Week Online Class

Offered monthly, beginning on the first Saturday of each month. \$99

Encouragement! Build Your Child's Confidence from the Inside Out

Encouragement is the KEY ingredient that makes all other parenting strategies work. To really understand how to encourage your child is not as easy as it sounds. In this class, you'll learn encouragement strategies and techniques that will make your family life run more smoothly and make your child become more resilient, independent, and cooperative.

Includes weekly video lessons, our signature role plays demonstrating PEP's principles, handouts and exercises to try at home, an email discussion group, and weekly online Q&A sessions with a PEP leader.

More details on PEP's in-person and online courses at PEPparent.org
PEP Members receive a 10% discount.

ONLINE WEBINARS

9–10pm Eastern time, unless otherwise noted. \$25 each

Raising "I Can" Kids

for parents of 5-12 year-olds

Wed, Jan 9

Mindful Parenting

for all parents

Wed, Jan 16

"You Can't Make Me!" Potty Time Edition

for parents of toddlers/preschoolers

Tues, Feb 5

Teens and Technology

for parents of teens

Wed, Feb 13

Emotion Coaching

for parents of 2-12 year-olds

Tues, Feb 19

Stop the Whining

for parents of preschoolers

Wed, Mar 6

Stop the Yelling, Start the Cooperation

for all parents

Tues, Mar 28

"This is my third webinar and they are GREAT! I don't live near Kensington, so an online option greatly increases my chances of participating. And they are very high quality. I learn a lot!"