

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

Fall
2018



Educating parents. Enriching families.®

FREE WORKSHOPS • IN-PERSON

Why Don't My Kids Listen to Me?

For all parents of children ages 2-18

Come to this free workshop and learn how to gain your children's cooperation without nagging, bribing or yelling. **FREE**

Sat, Sept 15 | 3:00-4:30 pm | Kensington | #801

Thurs, Oct 11 | 7:00-8:30 pm | Alexandria | #803

Mon, Nov 12 | 7:00-8:30 pm | Gaithersburg | #804

Enrich Your Marriage

For all couples in a committed relationship

Healthy marriages make for healthy families. Spend an evening with your partner, learning ways to communicate more effectively. Co-sponsored by the Washington Area Chapter of Better Marriages. **FREE**

Sat, Sept 29 | 7:00-10:00 pm | Kensington

Become a Member

PEP Members receive 10% off all classes, consults, and text books.

Registration required for all in-person and online classes and workshops.

PEPparent.org or **301.929.8824**

MCPS PARENT ACADEMY

Power Tools for Power Struggles

For parents of children ages 5-18

Frequent power struggles, whether between adults or between parents and children, impact relationships. Learn what happens when a conflict develops and gain some insights into redirecting that energy in ways that tend to solve problems and bring people closer.

FREE - Pre-registration required to reserve a seat

Wed, Sept 26 | 7:00-8:30 pm | Takoma Park

Course Locations

- PEP Office, Kensington, MD
- Casey Community Center, Gaithersburg, MD
- The Grilled Oyster Company, Potomac, MD
- Takoma Park Middle School, Takoma Park, MD
- Christ Church on Capitol Hill, Washington, DC
- Lowell School, Washington, DC
- Temple Micah, Washington, DC
- Burgundy Farm Country Day School, Alexandria, VA
- Starbucks, Great Falls, VA



NOTED PARENTING AUTHOR SERIES • ONLINE

For all parents

purchase all 4 talks for \$75

Time to Parent: Organizing Your Life to Bring Out the Best in Your Child and You

Author and Presenter: Julie Morgenstern

Julie Morgenstern's new book provides parents with practical strategies that contain and clarify the seemingly infinite job of parenting into a manageable roadmap that works from cradle to college. Her unique framework shows you how to harness your own strengths and weaknesses to make the job your own.

Thurs, Nov 15, 2018 | 8:00-9:30 pm ET | online | \$25

The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child

Author and Presenter: Dr. Tina Payne Bryson

Parents can foster their children's ability to say yes to the world and welcome all that life has to offer, even during difficult times. This is what it means to cultivate a Yes Brain, and it leads to the characteristics we want to nurture: emotional regulation, resilience, personal insight, and empathy. Using her trademark warmth and humor, Dr. Bryson will share specific strategies for creating Yes Brain opportunities that allow your kids to thrive—both now and as they grow into adulthood.

Wed, Jan 30, 2019 | 8:00-9:30 pm ET | online | \$25

How to Raise an Adult: Break Free of the Overparenting Trap and Prepare Your Kid for Success

Author and Presenter: Julie Lythcott-Haims

Drawing on research and her own insights as a mother and as a student dean, Julie Lythcott-Haims will highlight the ways in which overparenting harms children, their stressed-out parents, and society at large. While empathizing with the parental hopes and fears that lead to overhelping, she'll offer practical alternative strategies that allow children to make their own mistakes and develop the resilience, resourcefulness, and inner determination necessary for success.

Thurs, Mar 21, 2019 | 8:00-9:30 pm ET | online | \$25

The Good News About Bad Behavior... or Why Kids Are Less Disciplined Than Ever—and What to Do About It

Author and Presenter: Katherine Reynolds Lewis

Join bestselling author and PEP Parent Educator Katherine Reynolds Lewis to learn about new approaches to discipline that center on teaching children the art of self-control. Blending new scientific research and powerful individual stories of change, Lewis shows that, if we trust our children to face consequences, they will learn to adapt and moderate their own behavior.

Wed, May 15, 2019 | 8:00-9:30 pm ET | online | \$25



ONLINE PROGRAMS

New 4-Week Master Class: **Encouragement! Building Confidence from the Inside Out**

Runs monthly. Outlines the concept of Encouragement, the cornerstone of PEP's transformational parenting education programs. \$99/person.

"What Do I Do Next?" A Free Intro to PEP for Parents of 5 to 12 Year-Olds

Wed, Sept 26 | 9:00-9:30 pm | **FREE**

Solve your parenting dilemmas and learn new strategies during interactive, online workshops:

- Setting Limits with Young Children
- Making Peace with Homework
- Defusing Sibling Rivalry
- Parenting Teens
- Power Tools for Power Struggles
- Mindful Parenting
- Raising I Can Kids
- Setting Limits with Extra-Challenging Children

Plus monthly free workshops for parents of Preschoolers, 5 to 12 Year Olds, and Dads.

FOR ALL PARENTS • IN-PERSON

Managing Anger: A Parent's Guide

For all parents

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.

3 WEEKS | \$98/person; \$165/couple

Wed, Oct 10–24 | 7:30–9:30 pm | Kensington | #505

Wed, Nov 7–28 | skip 11/21 | 10:00 am–12:00 pm | Kensington | #506

WEEKEND BOOTCAMP WITH ONLINE FOLLOW-UP

Sat, Nov 17 | 9:30 am–4:30 pm | Kensington | Includes an online Q&A on Dec 12, 8:30-9:30 pm | \$108/person; \$185/couple | #507

Positive Psychology

For parents of children ages 5-18

Can we learn to be happier and create our own lasting state of optimism? Learn how to lead an intentional life based on your personal strengths, leading to fulfillment and purpose. Based on Seligman's Authentic Happiness program.

Thurs, Oct 18–Nov 15 | 7:30–9:30 pm | Kensington | 5 weeks | \$165/person; \$298/couple | Text: \$16.96

IF YOUR CHILD IS AGE 2-5 • IN-PERSON

Parenting Preschoolers

For parents of children ages 2.5-5

Learn positive discipline methods to calm tantrums, avoid power struggles and engage your child's cooperation. Gain insight into your growing child and come away with a long lasting parenting toolbox. Text: \$18.01

8 WEEKS | \$279/person; \$498/couple

Tues, Oct 2–Nov 27 | skip 11/6 | 7:00-9:00 pm | Kensington | #411

Wed, Oct 3–Dec 5 | skip 10/31, 11/21 | 7:30-9:30 pm | Lowell School, DC | #412

WEEKEND BOOTCAMP WITH ONLINE FOLLOW-UP | \$289/person; \$518/couple

Fri, Oct 12 & Sat, Oct 13 | Fri 6:30-9:30 pm & Sat 8:30 am-4:30 pm | Kensington | Includes online Q&A 11/1, 8:30-9:30 pm | #413

3 WEEK INTENSIVE | \$279/person; \$498/couple

Sat, Nov 3–17 | 9:00 am-2:00 pm | Kensington | #414

More Tools for Parenting Preschoolers

For parents of children ages 2.5-5

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 – as well as enjoying less frustration and more fun with your children now.

4 WEEKS | \$149/person; \$268/couple | Text: \$16.96

Mon, Oct 15–Nov 5 | 7:00-9:00 pm | Kensington | #421

FOR KIDS • IN-PERSON

Super Sitters Class and Lab

For children ages 10 and older

Tweens and teens learn the skills necessary for being super sitters, including preventing and handling emergencies, working cooperatively with kids, and communicating with the parents. Also sign up for one of the Sitters Labs, to work with young kids under the supervision of the instructor in the classroom. 3 WEEKS plus a lab | \$129 | Text: \$13.73

CLASS: Wed, Oct 10-24 | 6:30–8:30pm | Kensington | #501

LAB: Choose one at PEP | Kensington:

Sat, Oct 13 | 6:30–9:00 pm | #502

or Fri, Oct 19 | 6:30–9:00 pm | #503

IF YOUR CHILD IS AGE 5-12 • IN-PERSON

PEP I: Parenting 5 to 12 Year Olds

This class provides a sound framework for positive parenting and proven skills to understand and solve behavior problems. Learn how you can be closer and have more fun as a family while also motivating your children to be more cooperative, responsible, respectful and successful. Text: \$16.96

8 WEEKS | \$279/person; \$498/couple

Fri, Oct 5–Nov 30 | skip 11/23 | 10:00 am–12:00 pm | Kensington | #101

Fri, Oct 5–Nov 30 | skip 11/23 | 11:00 am–1:00 pm | Great Falls | #102

Mon, Oct 8–Nov 26 | 7:30–9:30 pm | Kensington | #103

Thurs, Oct 18–Dec 13 | skip 11/22 | 7:00–9:00 pm |

Temple Micah, DC | #104

3 WEEK INTENSIVE | \$279/person; \$498/couple

Sun, Oct 21–Nov 4 | 1:00–6:00 pm | Alexandria | #105

WEEKEND BOOTCAMP WITH ONLINE FOLLOW-UP

\$289 per person; \$518/couple

Fri, Oct 12 & Sat, Oct 13 | Fri 6:30-9:30 pm & Sat 8:30 am-4:30pm | Kensington | Includes online Q&A 10/29, 8:30-9:30pm | #106

Fri, Nov 16 & Sat, Nov 17 | Fri 6:30-9:30 pm & Sat 8:30 am-4:30 pm | Christ Church Capitol Hill, DC | Includes online Q&A 12/4, 8:30-9:30 pm | #107

Fri, Dec 7 & Sat, Dec 8 | Fri 6:30-9:30 pm & Sat 8:30 am-4:30 pm | Gaithersburg | Includes online Q&A 12/17, 8:30-9:30 pm | #108

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

Building on the foundation of positive parenting and using problem-solving time, PEP II introduces more skills and guided practice for ending power struggles, using consequences and working out solutions with children.

9 WEEKS | \$279/person; \$498/couple

Thurs, Oct 4–Dec 6 | skip 11/22 | 10:00 am–12:00 pm | Kensington | #201

Thurs, Oct 4–Dec 6 | skip 11/22 | 7:30–9:30 pm | Kensington | #202

IF YOUR CHILD IS A TEEN • IN-PERSON

Thriving with Teens

Learn proven, positive strategies to parent teenagers effectively in the midst of their peers, media, the Internet and their own adolescent development. All while building a relationship based on mutual respect, cooperation and responsibility.

10 WEEKS | \$279/person; \$498/couple | Text: \$18.02

Tues, Oct 2–Dec 11 | 7:30–9:30 pm | Kensington | #431

Tues, Oct 9–Dec 18 | skip 11/6 | 10:00 am–12:00 pm | Kensington | #432

FOR COUPLES • IN-PERSON

Growing More Intimate Through Communication

For all couples in a committed relationship

When the going gets tough, some couples close the lines of communication and begin to drift apart. But there's another way—a path with specific steps to deal with difficult issues, manage anxiety and come to mutual understanding. This workshop is designed to help any couple in a committed, intimate relationship to learn the skills of being more clear and honest with each other.

Sat, Dec 1 | 7:00–10:00 pm | Kensington | \$85/couple

PEP FOR DADS • IN-PERSON

Managing Anger - for all Dads

Tues, Sept 25 | 7:00–9:00 pm | Potomac | \$35 | #601

Power Tools for Power Struggles - for all Dads

Tues, Oct 23 | 7:00–9:00 pm | Potomac | \$35 | #603

Registration required for all in-person and online classes and workshops. **PEPparent.org** or **301.929.8824**