



Tune Up Your Parenting This Spring!

Spring 2018

FREE WORKSHOPS

Why Don't My Kids Listen to Me?

- Saturday, April 7 | 3:00–4:30pm | PEP | Kensington, MD | #801
- Saturday, April 7 | 1:00–2:30pm | St. Thomas Episcopal Church | McLean, VA | #802
- Monday, April 16 | 7:00–8:30pm | Solid State Books | Washington, DC | #803
- Monday, April 23 | 7:00–8:30pm | Burgundy Farm Country Day School | Alexandria, VA | #804

Power Tools for Power Struggles (with MCPS Parent Academy)

- Wednesday, April 11 | 7:00–8:30pm | Tilden Middle School | Rockville, MD | #601

BECOME A MEMBER TODAY!

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

Registration required for
all classes and workshops.

PEPparent.org or
301.929.8824

IF YOUR CHILD IS BETWEEN 2½ AND 5

Parenting Preschoolers

Understand your child's development; learn to set limits and solve behavior problems calmly and consistently; use positive discipline methods to address tantrums and power struggles; foster cooperation and responsibility; and rediscover the joy of parenting.

Select from three class formats.

WEEKLY CLASSES (8 WEEKS)

- \$279 per person | Text: \$18.01
- Mon, Apr 9–Jun 4 (skips 5/28) | 7:00–9:00pm | PEP | Kensington | #411
- Wed, Apr 11–May 30 | 9:30–11:30am | Warner Memorial Presbyterian Church | Kensington | #412

INTENSIVE CLASS (3 SATURDAYS)

- \$279 per person | Text: \$18.01
- Sat, May 5–19 | 9:00am–2:00pm | PEP | Kensington | #414

WEEKEND BOOTCAMP WITH ONLINE FOLLOW-UP Q&A

- \$289 per person | Text: \$18.01
- Fri, May 4, 6:30–9:30pm & Sat, May 5, 8:30am–4:30pm | St. Mark's Episcopal Church | Washington, DC | #413
- Includes a group videoconference Q&A | May 22, 8:30–9:30pm

More Tools for Parenting Preschoolers

Prerequisite: Parenting Preschoolers

This 4-week class builds on Parenting Preschoolers by providing more strategies for calm, effective problem-solving.

\$149 per person | Text \$16.96

Thurs, Apr 19–May 10 | 7:30–9:30pm | PEP | Kensington

WORKSHOPS

All workshops below take place at PEP in Kensington, MD

Power Struggles and Tantrums: Getting to Calm

Thurs, Apr 26 | 7:00–9:00pm | \$35

Setting Limits with Young Children

Tues, May 15 | 7:00–9:00pm | \$35

Positive Time Out

Tues, Jun 5 | 7:00–9:00pm | \$35

Course Locations

- PEP Office, Kensington, MD
- Warner Memorial Presbyterian Church, Kensington, MD
- Grace Episcopal Day School, Kensington, MD
- Temple Shalom, Chevy Chase, MD
- Tilden Middle School, Rockville, MD
- The Grilled Oyster Company, Potomac, MD
- Capitol Hill Presbyterian Church, Washington, DC
- St. Mark's Episcopal Church, Washington, DC
- Solid State Books, Washington, DC
- Starbucks, Great Falls Center, Great Falls, VA
- St. Thomas Episcopal Church, McLean, VA
- Burgundy Farm Country Day School, Alexandria, VA

IF YOUR CHILD IS BETWEEN 5 AND 12

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

Do you wonder how to raise your children to be responsible, respectful and trustworthy? This class provides a sound framework for positive parenting and proven skills to correct challenging behavior. Learn how you can be closer as a family and motivate your children to be more cooperative, self-disciplined and successful.

Select from two class formats.

WEEKLY CLASSES (8 WEEKS)
\$279 per person | Text: \$16.96

Wed, Apr 11–May 30 | 7:00–9:00pm | Temple Shalom | Chevy Chase | #101
Thurs, Apr 12–May 31 | 10:00am–12:00pm | PEP | Kensington | #102
Thurs, Apr 12–May 31 | 7:30–9:30pm | PEP | Kensington | #103
Fri, Apr 13–Jun 1 | 11:00am–1:00pm | Starbucks | Great Falls | #108

WEEKEND BOOTCAMPS WITH ONLINE FOLLOW-UP Q&A
\$289 per person | Text: \$16.96

Fri, Apr 20, 6:30–9:30pm & Sat, Apr 21, 8:30am–4:30pm |
St. Thomas Episcopal Church | McLean | #104
Follow-up online Q&A: May 8, 8:30–9:30pm

Fri, Apr 20, 6:30–9:30pm & Sat, Apr 21, 8:30am–4:30pm |
Capitol Hill Presbyterian Church | Washington, DC | #105
Follow-up online Q&A: May 23, 8:30–9:30pm

Fri, May 11, 6:30–9:30pm & Sat, May 12, 8:30am–4:30pm |
PEP | Kensington | #106
Follow-up online Q&A: May 31, 8:30–9:30pm

Fri, May 11, 6:30–9:30pm & Sat, May 12, 8:30am–4:30pm |
Burgundy Farm Country Day School | Alexandria | #107
Follow-up online Q&A: June 11, 8:30–9:30pm

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

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

(9 WEEKS) Building on the foundation of positive parenting, PEP II introduces more skills and guided practice for ending power struggles, talking so your children really listen, using consequences and working out solutions with children. Class time is structured for individual problem solving, helping all participants better understand their children's goals and figure out how to respond more effectively.
\$279 per person | Text \$16.96

Tues, Apr 10–Jun 5 | 10:00am–12:00pm | PEP | Kensington | #201
Wed, Apr 11–Jun 6 | 7:30–9:30pm | PEP | Kensington | #202

WORKSHOPS

Consequences: Effective Discipline without Punishment
Mon, Apr 16 | 7:00–9:00pm | Grace Episcopal Day School | Kensington | \$35

Developing a Grit and Growth Mindset
Mon, Apr 30 | 7:00–9:00pm | Grace Episcopal Day School | Kensington | \$35

Allowances: Early Lessons in Money Management
Tues, May 22 | 7:30–9:30pm | PEP | Kensington | \$35

Setting Limits with Extra-Challenging Children
Wed, May 9 | 7:30–9:30pm | PEP | Kensington | \$35

IF YOUR CHILD IS BETWEEN 13 AND 18

Thriving with Teens

(9 WEEKS) Gain proven, positive strategies to parent teenagers effectively, and learn communication approaches to build a relationship based on mutual respect, cooperation, and responsibility.
\$279 per person | Text: \$18.01

Tues, Apr 10–Jun 5 | 7:00–9:00pm | PEP | Kensington | #431
Thurs, Apr 12–Jun 7 | 10:00am–12:00pm | PEP | Kensington | #432

Tackling Technology with Tweens and Teens

For parents of kids between 11-18
Thurs, May 10 | 7:00–9:00pm | PEP | Kensington | \$35

Teens: The Challenge Continues

Prerequisite: Thriving with Teens
(4 WEEKS) Hone your skills to help foster discipline, respect, and communication. This class is designed to allow for discussion and continued support with mistaken goals, problem ownership, responsibility, and independence.
\$149 per person

Fri, Apr 27–May 18 | 9:30–11:30am | PEP | Kensington

Helping Tweens and Teens with Self-Regulation

For parents of kids between 11-18
Wed, May 23 | 7:30–9:30pm | PEP | Kensington | \$35

FOR ALL PARENTS

Back Talk

For parents of kids between 3-18 (2 WEEKS)
Thurs, May 24–31 | 7:30–9:30pm | PEP | Kensington | \$67

Stop the Yelling, Start the Cooperation

Tues, May 1 | 7:30–9:30pm | PEP | Kensington | \$35

Adlerian Theory: One-Day Intensive

Sat, May 19 | 9:00am–4:00pm | PEP | Kensington | \$120

Managing Anger: A Parent's Guide

WEEKLY CLASSES (3 WEEKS)
\$98
Tues, Apr 3–17 | 7:00–9:00pm | PEP | Kensington | #506
Tues, May 8–29 (skips 5/15) | 7:00–9:00pm | Grace Episcopal Day School | Kensington | #507
Wed, May 2–16 | 10:00am–12:00pm | PEP | Kensington | #508
ONE-DAY INTENSIVE WITH ONLINE FOLLOW-UP Q&A
\$108
Sat, Apr 28 | 9:30am–4:30pm | PEP | Kensington | #509
Follow-up online Q&A | May 21, 8:30-9:30pm

FOR FAMILIES

These programs are for adults and kids—bring your whole family!

Say It Well, Do It Well:

The Game Show of Social Skills

For kids aged 5-12 with a parent
Sun, Apr 22 | 2:00–4:00pm | PEP | Kensington
\$35 per adult | \$17.50 per child

Kids Panel: How to Deal With Messy Bedrooms

For kids aged 9 and older with a parent
Fri, Apr 27 | 6:30–8:00pm | PEP | Kensington
FREE for members | \$15 per adult | \$5 per child | \$30 max per family

Family Panel: Transforming Sibling Rivalry

For kids aged 9 and older with a parent
Fri, May 18 | 7:30–9:30pm | PEP | Kensington
FREE for members | \$15 per adult | \$5 per child | \$30 max per family

FOR COUPLES

Conflict Resolution in Intimate Relationships

Fri, Jun 1 | 7:00–10:00pm | PEP | Kensington | \$85 per couple

FOR KIDS

Super Sitters Class and Lab

For kids age 10 and older | \$129 | Text: \$13.73
CLASS: Tues, Apr 17–May 1 | 6:30–8:30pm | PEP | Kensington
LABS: Choose one: Fri, Apr 20 or Sat, Apr 21 or Fri, Apr 27
| 6:30–9:00pm | PEP | Kensington

ONLINE PROGRAMS

Teens and Technology | Wed, Mar 21 | 8:00pm ET | \$25

You Can't Make Me Eat That! | Wed, Apr 4 | 9:00pm ET | \$25

FREE! Author Talk: How Parents Can Raise Self-Driven Children | Mon, Apr 9 | 8:00pm ET

Bullying and Friendship | Wed, Apr 18 | 8:00pm ET | \$25

FREE! Author Talk: The Good News About Bad Behavior
| Thurs, May 3 | 9:00pm ET

Emotion Coaching | Thurs, May 17 | 8:00pm ET | \$25

Taming the Electronic Beasts | Wed, May 30 | 8:00pm ET | \$25