

## FREE INTRODUCTION TO PEP!

### Why Don't My Kids Listen to Me?

Saturday, September 16 at 3–4:30pm in Kensington #801  
Saturday, September 16 at 1–2:30pm in McLean, VA #802  
Thursday, October 12 at 7:30–9pm in Annandale, VA #803

### Enrich Your Marriage (for couples)

Saturday, October 21 at 7–10pm in Kensington #804

To register: **PEPparent.org**  
or **301.929.8824**

Reduce your stress...  
...and reclaim  
your family life.



## In-Person Course Locations

- PEP Office, **Kensington, MD**
- Oakwood School, **Annandale, VA**
- Clarendon United Methodist Church, **Arlington, VA**
- Starbucks-Great Falls Center, **Great Falls, VA**
- Montessori School of McLean, **McLean, VA**
- The Grilled Oyster Company, **Potomac, MD**
- Temple Micah, **Washington, DC (DC1)**
- Lowell School, **Washington, DC (DC2)**
- The Grilled Oyster Company, **Washington, DC (DC3)**

## PEP's Noted Authors Talks

Join us on November 16 and 17 for insights and strategies so you can help your kids handle their stress.

Bradley Hills Presbyterian Church, Bethesda  
\$35 | \$31.50 member per talk



**Michael Bradley**, author of *Crazy-Stressed: Saving Today's Overwhelmed Teens with Love, Laughter, and the Science of Resilience*.

Thursday Evening, November 16, 7:30-9pm

**Lawrence Cohen**, author of *The Opposite of Worry*.

Friday morning, November 17, 9:45-11:15am



Register today  
PEPparent.org or 301.929.8824

## NEW! ONLINE WORKSHOPS

Can't attend live? We'll record it and you can watch when it's convenient for you!  
All online workshops: \$25 | \$22.50 member

### Start the School Year Right Series

#### Getting Organized

Wed, Sept 13 | 9–10pm ET

#### Helping Your Kids Take Responsibility for School Stuff

Wed, Sept 27 | 9–10pm ET

#### Getting Out of the House in the Morning

Wed, Oct 11 | 9–10pm ET

#### Really Helping with Homework

Wed, Oct 25 | 9–10pm ET

More online workshops available,  
and more being scheduled for this Fall!

Check our website:

**PEPparent.org/online!**

### AVAILABLE FOR VIEWING NOW!

- Why Don't My Kids Listen to Me?
- Sibling Rivalry
- Avoiding Bedtime Blues

*"I'm so relieved—I was so stretched and stressed—my parenting class with PEP was the best investment I've made all year!"*

– PEP Parent

## IF YOUR CHILD IS BETWEEN 2½ AND 5

### 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 positively handle common challenges. **Three class formats to select from.**

\$279 | \$251.10 member • Text: \$18.01 | \$16.21 member

#### WEEKLY CLASSES (8 WEEKS)

Wed, Sept 27–Nov 15 | 9:30–11:30am | Kensington | #412

Tues, Oct 3–Nov 28 (skips 10/31) | 7–9pm | Kensington | #411

#### WEEKLY INTENSIVE CLASS (3 WEEKS)

Sat, Oct 21, 28, & Nov 4 | 9am–2pm | Kensington | #414

#### WEEKEND BOOTCAMP

Fri, Oct 20, 6:30–9:30pm & Sat, Oct 21, 8:30am–4:30pm |

Arlington | #413

## INTENSIVE: More Tools for Parenting Preschoolers

*For parents who have taken Parenting Preschoolers*

Want to be more patient, avoid power struggles, and tame tantrums? Set limits and use encouragement to change fighting and hurtful behaviors into helpful cooperation.

Sat, Jan 6 & 13 | 9am–3pm | Kensington | #421

\$159 | \$143.10 member • Text \$16.96 | \$15.26 member

## Whining, Crying, and Tantrums

Mon, Oct 16 | 7–9pm | Kensington | #605 | \$35 | \$31.50 member

## Eating, Sleeping, and Toilet Training

**Note: You may need to scroll down once link is activated to see this class.**

Tues, Dec 5 | 7–9pm | Kensington | #618 | \$35 | \$31.50 member

## IF YOUR CHILD IS BETWEEN 5 AND 12

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

PEP's signature course that provides a sound framework for positive parenting. Gain skills to correct whining, backtalk, defiance, and other misbehaviors. **Two class formats to select from.**

\$279 | \$251.10 member • Text: \$16.96 | \$15.26 member

#### WEEKLY CLASSES (8 WEEKS)

Tues, Sept 19–Nov 14 (skips 10/31) | 7–9pm | McLean | #102

Tues, Sept 26–Nov 21 (skips 10/31) | 9:45–11:45am | DC1 | #101

Tues, Sept 26–Nov 21 (skips 10/31) | 7:30–9:30pm | DC2 | #103

Thurs, Sept 28–Nov 16 | 10am–12pm | Kensington | #104

Thurs, Sept 28–Nov 16 | 7:30–9:30pm | Kensington | #105

Fri, Sept 29–Nov 17 | 11am–1pm | Great Falls | #106

#### WEEKEND BOOTCAMP

Fri, Oct 20, 6:30–9:30pm & Sat, Oct 21, 8:30am–4:30pm |

Annandale | #107

Fri, Oct 20, 6:30–9:30pm & Sat, Oct 21, 8:30am–4:30pm |

Kensington | #108

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

*For parents who have taken: More Tools for Parenting Preschoolers, PEP I or Thriving with Teens*

An interactive class focusing on problem-solving and providing guided practice for ending power struggles, talking so your children can hear you, and using effective consequences..

Tues, Sept 19–Nov 28 (skips 10/31) | 10am–12pm | Kensington | #201

Tues, Sept 26–Dec 5 (skips 10/31) | 7:30–9:30pm | Kensington | #202

\$279 | \$251.10 member • Text \$16.96 | \$15.26 member

## Frenemies: Navigating Friendships & Bullying

Wed, Nov 8 | 7:30–9:30pm | Kensington | #612 | \$35 | \$31.50 member

## Developing a Grit & Growth Mindset

Fri, Nov 10 | 10am–12pm | Kensington | #613 | \$35 | \$31.50 member

## Mindful Parenting

Thurs, Dec 7 | 7:30–9:30pm | Kensington | #616 | \$35 | \$31.50 member

## Setting Limits with Extra-Challenging Children

Fri, Dec 1 | 10am–12pm | Kensington | #617 | \$35 | \$31.50 member

## Kickstart Your Family Life: Parenting Essentials

### Part One of Two-Part Series

Develop more confidence in your parenting! Fast-paced and results-oriented class emphasizes key concepts and skills of positive parenting. *(Optional Part Two of this course offered Winter 2018.)*

Tues, Oct 3–Oct 24 | 7:30–9:30pm | Kensington | #120

\$159 | \$143.10 member • Text: \$16.96 | \$15.26 member

## IF YOUR CHILD IS BETWEEN 13 AND 18

### Thriving with Teens

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

Mon, Sept 25–Dec 4 (skips 10/9) | 7–9pm | Kensington | #431

Fri, Sept 29–Dec 8 (skips 11/24) | 9:30–11:30am | Kensington | #432

\$279 | \$251.10 member • Text: \$18.01 | \$16.21 member

### Raising Rapunzel

Wed, Dec 6 | 7–9pm | Kensington | #620 | \$35 | \$31.50 member

## PROGRAMS FOR COUPLES, DADS, FAMILIES

### For Families

*Check PEPparent.org for pricing on family programs*

\$25 per person | \$90 per family maximum

## Say It Well, Do It Well: Game Show of Social Skills

*For families with kids between 5 and 12*

Sun, Nov 5 | 2:30–4:30pm | Kensington | #611

## When Your Child Doesn't Accept that No Means No

**Open Forum Counseling**—for families with kids aged 9 or older Sat, Oct 14 | 6:30–8:30pm | Kensington | #701 | Free for members

## Why Are We Always Late?

**Open Forum Counseling**—for families with kids aged 9 or older

Fri, Nov 17 | 7:30–9:30pm | Kensington | #702 | Free for members

## The How-To's for Running a Family Meeting

Sat, Nov 18 | 9:30am–12pm | Kensington | #614

## FOR KIDS

### Super Sitters Class and Labs *(for kids aged 10 and older)*

Class: Wed, Oct 25–Nov 8 | 6:30–9pm | Kensington | #501

Labs: Sat, Oct 28, Nov 4 or Fri, Nov 3 | 6:30–9pm | Kensington |

#502, #503, #504

*For class and choice of one lab:* \$129 | \$116.10 member

## For All Parents

### Anger Management (3 sessions)

**Note: You may need to scroll down once link is activated to see this class.**

Fri, Oct 13–27 | 10am–12pm | Kensington | #505

Wed, Nov 1–15 | 7–9 pm | Kensington | #506

Thurs, Oct 26–Nov 9 | 7:30–9:30pm | Annandale | #507

\$98.00 | \$88.20 member

## What If Everything You Know About Discipline Is Wrong?

Wed, Oct 11 | 7:30–9:30pm | Kensington | #607 | \$35 | \$31.50 member

## Getting Organized—Where to Start?

Wed, Oct 25 | 7:30–9:30pm | Kensington | #609 | \$35 | \$31.50 member

## "Do Your Best!" What Really Works to Motivate Your Child

Thurs, Oct 19 | 7–9pm | Kensington | #608 | \$35 | \$31.50 member

## Raising Responsible Kids

Fri, Nov 3 | 10am–12pm | Kensington | #610 | \$35 | \$31.50 member

**For Dads** *(You may need to scroll down once link is activated to see this class.)*

## Dads Bring Their Own Topics and Share Advice

Wed, Oct 18 | 7–9pm | Potomac | #607 | \$35 | \$31.50 member

Wed, Nov 1 | 7–9pm | DC3 | #611 | \$35 | \$31.50 member

## For Couples

### Dealing with Anger in Your Relationship

Sat, Nov 18 | 7–10pm | Kensington | #617 | \$85 | \$76.50 member