

FREE INTRODUCTION TO PEP!

Mark Your
Calendar

Why Don't My Kids Listen to Me?

Saturday, January 6 at 3–4:30pm in Kensington #801
Saturday, January 6 at 11am–12:30pm in Great Falls 1, VA #802
Saturday, January 6 at 10:30am–12pm in Clarendon VA #803
Saturday, January 11 at 7–8:30pm in Washington, DC4 #804

Power Tools for Power Struggles

Wednesday, February 7 at 7–8:30pm, location TBA

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



Winter 2018

Start the New Year right...

...and
reclaim your
family life!

In-Person Course Locations

- PEP Office, Kensington, MD
- Bender Jewish Community Center, Rockville, MD
- The Grilled Oyster Company, Potomac, MD
- Clarendon United Methodist Church, Arlington, VA
- Great Falls Library, Great Falls, VA (Great Falls 1)
- Starbucks-Great Falls Center, Great Falls, VA (Great Falls 2)
- Capitol Hill Presbyterian Church, Washington, DC (DC1)
- Lowell School, Washington, DC (DC2)
- Los Cuates Restaurant, Washington, DC (DC3)
- Temple Micah, Washington, DC (DC4)

ONLINE CLASSES!

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

Stop the Yelling, Start the Cooperation

Wed, Dec 14 | 9–10pm ET

Why Don't My Kids Listen to Me?

Wed, Jan 10 | 9–10pm ET

More online classes available, and more being scheduled for this Winter! Check our website PEPparent.org/online for upcoming workshops and our online library at <https://PEPparent.teachable.com/>

NEW! Join us for
Online Classes!

PEPparent.org/online

Visit our
Online Library at

<https://PEPparent.teachable.com/>

IN-PERSON WORKSHOPS

Dealing with Sibling Conflict (2 WEEKS)

For parents of kids aged 4-12

Tues, Feb 6 & 13 | 7:30–9:30pm | Kensington | \$66 | \$59.40 member

Helping Anxious Kids

For parents of kids aged 9 and up

Thurs, Mar 22 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

Getting Your Kids to Help Out

For parents of kids aged 5-18

Fri, Feb 2 | 10am-12pm | Kensington | \$35 | \$31.50 member

“With so much going on at work, in the country, and in the world—it was a real relief for my home life to be much more peaceful, using what I learned in PEP’s classes.” – 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. Choose from three class formats.

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

WEEKLY CLASSES (8 WEEKS)

Wed, Jan 17–Mar 14 (skips 2/14) | 9:45–11:45am | Kensington | #411

Wed, Jan 17–Mar 7 | 7:30–9:30pm | DC2 | #412

Thurs, Jan 18–Mar 8 | 7:30–9:30pm | Kensington | #413

INTENSIVE CLASS (3 SATURDAYS)

Sat, Mar 3–17 | 9am–2pm | Kensington | #415

WEEKEND BOOTCAMP

Sat, Feb 3, 6:30–9:30pm & Sun, Feb 4, 8:30am–4:30pm | Rockville | #414

More Tools for Parenting Preschoolers

Prerequisite: Parenting Preschoolers

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

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

Two Saturdays: Jan 6 & 13 | 9am–3pm | Kensington | #421

Four Tuesdays: Feb 20–Mar 13 | 7:30–9:30pm | Kensington | #422

Challenging Behaviors in Toddlers & Preschoolers

Tues, Feb 20 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

Make It Stop: No More Whining!

Tues, Feb 27 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

Power Struggles and Tantrums

Tues, Mar 13 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

IF YOUR CHILD IS BETWEEN 5 AND 12

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

PEP’s signature course provides a sound framework for positive parenting. Gain skills to correct whining, backtalk, defiance, and other misbehaviors. Choose from two class formats.

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

WEEKLY CLASSES (8 WEEKS)

Tues, Jan 23–Mar 13 | 10am–12pm | Kensington | #101

Tues, Jan 23–Mar 13 | 11am–1pm | Great Falls 2 | #102

Wed, Jan 17–Mar 14 (skips 3/7) | 7:30–9:30pm | Kensington | #103

WEEKEND BOOTCAMPS

Fri, Jan 19, 6:30–9:30pm & Sat, Jan 20, 8:30am–4:30pm | DC1 | #104

Fri, Jan 19, 6:30–9:30pm & Sat, Jan 20, 8:30am–4:30pm | Arlington | #105

Fri, Feb 2, 6:30–9:30pm & Sat, Feb 3, 8:30am–4:30pm | Kensington | #106

Setting Limits Successfully When Under Pressure (3 WEEKS)

For parents of kids aged 4-12

Mon, Feb 26–Mar 12 | 7–9pm | Kensington | \$98 | \$88.20 member

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

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

This 9-week interactive class, with an emphasis on problem-solving, provides guided practice for ending power struggles and redirecting misbehavior.

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

Thurs, Jan 11–Mar 8 | 10am–12pm | Kensington | #201

Thurs, Jan 11–Mar 8 | 7:30–9:30pm | Kensington | #202

Fri, Jan 12–Mar 16 (skips 1/26) | 11am–1pm | Great Falls 2 | #203

PEP II Plus (4 WEEKS)

Prerequisite: PEP II

Practice makes progress! Encourage yourself and others as you grow more confident in effective problem-solving, responding to mistaken goals, and much more.

Tues, Jan 9–30 | 7:30–9:30pm | Kensington | \$149 | \$134.10 member

How to Help With Homework

Fri, Feb 9 | 10am–12pm | Kensington | \$35 | \$31.50 member

Helping Children With Emotional Self-Regulation

Tues, Mar 6 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

IF YOUR CHILD IS BETWEEN 13 AND 18

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

Wed, Jan 10–Mar 14 | 7:30–9:30pm | Kensington | #431

Fri, Jan 12–Mar 23 (skips 1/26) | 9:30–11:30am | Kensington | #432

Talking With Your Teen About Sensitive Subjects (3 WEEKS)

Wed, Feb 7–21 | 7–9pm | Kensington | \$98 | \$88.20 member

Planning for Safe Teen Driving

Wed, Mar 14 | 7–9pm | Kensington | \$35 per adult | \$17.50 per teen | \$31.50/\$15.75 member/teen member

Breaking Down Barriers with Your Teen

Mon, Feb 5 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

For Dads: Dads Bring Their Own Topics & Share Advice

Wed, Jan 24 | 7–9pm | Potomac | #601 | *See website for pricing info*

Wed, Feb 28 | 7–9pm | DC3 | #609 | *See website for pricing info*

For Couples: Marriage Enrichment Mini-Retreat

Fri, Mar 16, 7–10pm & Sat Mar 17, 9am–4:30pm | Kensington | *See website*

For Grandparents: “Great” Grandparenting

Sun, Feb 25 | 2–4pm | Rockville | *See website for pricing info*

FOR ALL PARENTS

PEP III: Empowering Yourself and Others (8 WEEKS)

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

Learn how to apply the concepts you’ve learned in your parenting class to your whole life. Gain insight into yourself, your values, and your relationships.

\$279 | \$251.10 member

Tues, Jan 16–Mar 6 | 7–9pm | Kensington | #301

Thurs, Jan 18–Mar 8 | 10am–12pm | Kensington | #302

Anger Management

Sat, Jan 13 | 9:30am–4:30pm | Kensington | #502 (1 session)

Tues, Jan 30–Feb 13 | 7:30–9:30pm | Kensington | #503 (3 sessions)

Fri, Mar 2–16 | 10am–12pm | Kensington | #504 (3 sessions)

\$98 | \$88.20 member

Positive Psychology (7 WEEKS)

Thurs, Jan 18–Mar 8 (skips 2/15) | 10am–12pm | Kensington |

\$225 | \$202.50 member

What If Everything You Know About Discipline Is Wrong?

Wed, Mar 7 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

PROGRAMS FOR COUPLES, DADS, FAMILIES

For Families

These programs are for adults and kids—bring your whole family! See website for pricing information.

Let’s Make Lunch!

For kids aged 4-9 with a parent

Sat, Feb 10 | 11am–1pm | Kensington

Sunday Night Live! Kids Panel of Experts

For families with kids aged 9 or older

Sun, Feb 11 | 6:30–8pm | Kensington

Stop the Arguing, Start the Respect

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

Fri, Mar 9 | 7:30–9:30pm | Kensington

To register for any class or workshop, go to PEPparent.org or call 301.929.8824