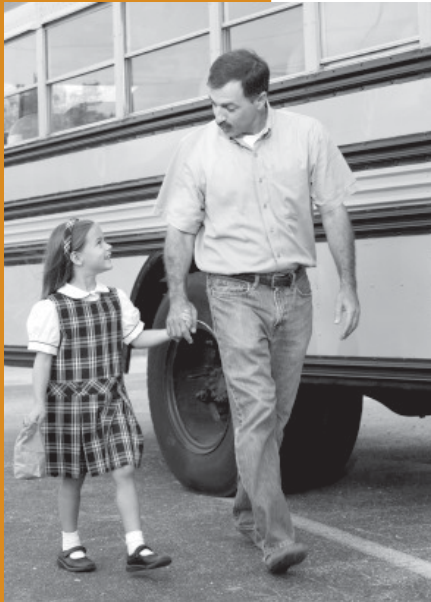




parenting classes

for parents of infants through teens
for adults, youth, couples, and families



Fall 2010 schedule

Parent Encouragement Program

10100 Connecticut Avenue
Kensington, MD 20895

PEPoffice@aol.com
301-929-8824 (MD)
703-242-8824 (VA)
PEPparent.org

Why Don't My Kids Listen to Me?

FREE

For parents of children ages 2½-18 who have never taken a PEP course. Learn how to gain more cooperation from your children without repeating, reminding, nagging, or yelling. Find out "why my kids don't listen to me."

Free. Space is limited. Pre-register.

Kensington, MD	Sat	3:00-4:30 pm	#801	9/11
Washington, DC	Tues	7:30-9:00 pm	#802	9/21
McLean 1, VA	Sat	2:00-3:30 pm	#803	10/16

Raising Children to Be Resilient

For all parents. Learn the fundamentals of resilience and how to help your child develop the strengths and skills to deal with life's challenges and to bounce back from adversity. (Childcare offered, See p 4.)

\$95/person, \$160/couple • PEP Members: \$85/person, \$145/couple

Kensington Thurs 7:30-9:30 pm #501 4 weeks cc 9/30-10/21

Managing Anger: A Parent's Guide

For all parents. Why do we lose our tempers over some issues and not others? Can we really control our anger? If so, how? Learn the answers to these questions and ways to change what you think, say, and do to express your concerns in more positive, effective ways. This seminar will also offer ways to help our children learn coping strategies and techniques. (cc=Childcare offered, See p 4.)

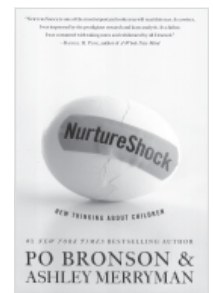
\$81/person, \$139/couple • Members: \$70/person, \$129/couple

Kensington	Thurs	7:30-9:30pm	#504	3 weeks	cc	10/28-11/11
Kensington	Sat	1:00-3:00pm	#505	3 weeks		11/6-11/20
Kensington	Tues	9:45-11:45am	#506	3 wks	skip 11/16 cc	11/9-11/30

NOV. 18, 2010 SPECIAL EVENT

NurtureShock: New Thinking About Children

For all parents. Join us to hear why so many of society's current strategies for nurturing children are in fact backfiring—and what to do instead. Learn startling findings in all areas of parenting research. *NurtureShock* was on 30 "Best of 2009" book lists and in Amazon's 2009 top 100 bestsellers. Ticket sales open Sept. 1.



Presenter: Bestselling author **Po Bronson's** books include *What Should I Do With My Life?*, *Why Do I Love These People?* and *NurtureShock: New Thinking About Children*.

\$25/person, \$45/couple • PEP Members: \$22/person, \$40/couple
Bethesda Thurs 7:30-9:30 pm #901 11/18



PEP thanks
its corporate sponsors for
this event.



PARENTS OF YOUNG CHILDREN

Parenting Preschoolers A

For parents of children ages 2½-5. Learn to establish healthy relationship patterns with your children throughout the preschool years, including how to set firm and friendly limits, respond to problem behaviors, and promote cooperation and responsibility. (Childcare may be available. See page 4.) \$197/person, \$352/couple • PEP Members: \$176/person, \$320/couple

Text: *Positive Discipline for Preschoolers (3rd ed)*, by Nelsen, Erwin & Duffy \$17.97 • PEP Members: \$16.18

Kensington Tues 9:45-11:45 am #411 8 wks skip 11/2 cc **9/21-11/16**
Kensington Wed 7:30-9:30 pm #412 8 weeks cc **9/22-11/10**

Parenting Preschoolers B

For parents of children ages 2½-5. Continue your learning and practice of encouraging a "Can Do" mentality; understanding and changing patterns of misbehavior; setting limits and using consequences; training young children in social skills and self-sufficiency; and more. (Childcare offered. See p 4.) Prerequisite: Preschoolers A or Preschoolers I

\$197/person, \$352/couple • PEP Members: \$176/person, \$320/couple

Texts: *Positive Discipline for Preschoolers, 3rd ed*, by Nelsen, Erwin & Duffy \$17.97 • PEP Members: \$16.18 (same text used in Preschoolers A)
Children the Challenge by R. Dreikurs \$16.96 • PEP Members: \$15.27 (same text used in PEP I)

Kensington Tues 7:30-9:30pm #421 8 wks skip 11/2 cc **9/21-11/16**

Setting Limits for Young Children

For parents of children ages 1-4. (Childcare offered. See page 4.) \$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple

Rockville Sun 4:00-6:00 pm #604 cc* **10/24**

See also NutureShock (p 1), Why Don't My Kids Listen (p 1), Managing Anger (p 1), Resilience (p 1), PEP for All Parents (p 3), PEP for Families (p 3)

PARENTS OF ELEMENTARY & MIDDLE SCHOOL AGE CHILDREN

PEP I Becoming a More Encouraging Parent

For parents of children ages 5-12. Learn practical skills and gain insights into how to use positive, encouraging methods with your children to gain cooperation, foster respect and responsibility, set and uphold limits, and bring out the best in each child. (cc = Childcare offered. See p 4.)

\$225/person, \$417/couple • PEP Members: \$198/person, \$385/couple

Class text: *Children the Challenge*, Dreikurs, \$16.96 • Members: \$15.27

MARYLAND

Kensington Tues 7:30-9:30pm #101 10 wks skip 11/2 cc **9/21-11/30**

Rockville Wed 7:00-9:00pm #102 7 weeks cc* **10/6-11/17**

Kensington Thurs 9:45-11:45am #103 10 wks skip 11/25 cc **9/23-12/2**

MARYLAND WEEKEND INTENSIVE CLASS

Kensington Sat 9 am - 5 pm #104 2 days **10/2 & 10/16**

VIRGINIA

McLean 1 Tues 9:30-11:30am #105 8 weeks **10/19-12/7**

McLean 2 Tues 7:00-9:00pm #106 8 weeks **10/19-12/7**

WASHINGTON

DC Thurs 9:30-11:30am #107 8 wks skip 11/11 & 11/25 **9/30-12/2**

PEP II Putting Your New Skills to Work

For parents of children ages 5-14. PEP II builds on the skills developed in PEP I and is often retaken as a refresher course. The class features extensive skills practice and problem solving opportunities. (Childcare offered. See p 4.)

Prerequisite: Preschoolers B, PEP I, or Thriving with Teens.

\$225/person, \$417/couple • PEP Members: \$198/person, \$385/couple

Text: *Positive Discipline (2006)* by Nelsen \$15.85 • Members: \$14.27

Kensington Tues 9:45-11:45am #201 10 wks skip 11/2 cc **9/21-11/30**

Kensington Tues 7:30-9:30pm #202 10 wks skip 11/2 cc **9/21-11/30**

PEP II Plus

For parents of children ages 5-14 who have taken PEP II. Learn more and increase your parenting skills in the areas of encouragement, mistaken goals, consequences, limit setting, agreements, and anger management.

Prerequisite: PEP II

\$95/person, \$160/couple • PEP Members: \$85/person, \$145/couple

Kensington Wed 9:45-11:45 am #503 4 weeks **10/13-11/3**

Limit Setting

For parents of children ages 5-12. Limits give children clear boundaries, teach acceptable rules and expectations, and balance freedom and responsibility. Learn how to set and uphold limits.

Presenter: Steven J. Stein, LCPC, Adlerian therapist, life coach

Text: *Setting Limits with Your Strong-Willed Child* by R.J. McKenzie

\$15.90 • Members: \$14.31 recommended to read before first class.

\$81/person, \$139/couple • PEP Members: \$70/person, \$129/couple

Kensington Mon 7:30-9:30 pm #507 3 weeks **11/29-12/13**

Morning Mayhem

For parents of children ages 4-13. (Childcare offered. See p 4.)

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple

Kensington Tues 7:30-9:30 pm #605 cc **10/26**

Allowances: Early Lessons in Money Management

For parents of children ages 5-18. (Childcare offered. See p 4.)

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple

Kensington Thurs 7:30-9:30 pm #607 cc **11/4**

See also NutureShock (p 1), Why Don't My Kids Listen (p 1), Managing Anger (p 1), Resilience (p 1), For All Parents (p 3), For Families (p 3).

PARENTS OF TEENS

Thriving With Teens

For parents of teens ages 13-18. This class incorporates most of the concepts used in PEP I and PEP II in ways designed to meet the distinct and varied needs and challenges faced by parents of teens.

\$225/person, \$417/couple • PEP Members: \$198/person, \$385/couple

Text: *Positive Discipline for Teenagers* by Nelsen & Lott

\$17.97 • Members: \$16.18

MARYLAND

Kensington Fri 9:30-11:30am #431 10 weeks skip 11/26 **9/24-12/3**

WASHINGTON

DC Tues 7:30-9:30pm #432 10 weeks **10/12-12/14**

Parenting Teens: The Challenge Continues

For parents of teens ages 13-18 who have taken PEP's Thriving With Teens. If you're still working on issues involving discipline, respect, communication, etc—you're not alone. Explore in greater depth topics such as alcohol, drugs, sex, anger, encouraging responsibility, and independence. Prerequisite: Thriving With Teens

\$95/person, \$160/couple • PEP Members: \$85/person, \$145/couple

Text: *How To Keep Your Teen Out of Trouble and What To Do If You Can't* by Bernstein \$15.85 • PEP Members: \$14.27

Kensington Fri 9:30-11:30 am #502 4 weeks **10/1-10/22**

Communicating With Teens About Sensitive Subjects

For parents of teens ages 13 and up. Teens often seem to tune parents out and shut down. Parental communication style greatly affects how much your teen hears. Sign up for week one (#608, 11/8) to focus on key ways to improve communication with your teen. Add on two additional classes to focus on effective ways to talk about drug and alcohol use (#609, 11/15) and sexuality (#610, 11/22). NOTE: You must complete week one (#608) to take weeks two (#609) and/or three (#610).

For all 3 weeks: \$81/person, \$139/couple • Members: \$70/person, \$129/couple
OR per session: \$30/person, \$55/couple • Members: \$25/person, \$45/couple

Kensington Mon 7:30-9:30 pm 1, 2 or 3 weeks **11/8-11/22**

Preparing to Launch: Smoothing the Transition from High School to College

For parents of high school students. A monthly support group will be forming after this workshop. Check PEPparent.org for details.

\$30/adult, \$55/couple • Members: \$25/adult, \$45/couple
Kensington Thurs 7:30-9:30 pm #606 **10/28**

See also NurtureShock (p 1), Managing Anger (p 1), Resilience (p 1), PEP II (p 2), Allowances (p 2), Planning For Safe Teen Driving (p 3), PEP for All Parents, and PEP for Families.

ALL PARENTS

PEP III Expanding Your Understanding

For all parents. Use the concepts you learned in prior courses to gain insights into yourself, your values, your parenting, and your own behavior. Learn new and useful ways to apply your PEP skills in the adult world. Prerequisite: PEP I or Thriving With Teens

\$197/person, \$352/couple • PEP Members: \$176/person, \$320/couple
Kensington Thurs 9:45-11:45 am #301 8 weeks cc **9/30-11/18**

Understanding Yourself & Others

For all adults. Based on the theoretical constructs underlying PEP's approach, this course is designed for anyone who wants to enrich their understanding of human behavior, develop an Adlerian perspective, and move towards the life they want to lead.

CE Hours: Continuing education credits are available for counselors and therapists. Contact PEP for information.

Presenter: Steven J. Stein, LCPC, Adlerian therapist, life coach

Text: *A Primer of Adlerian Psychology* by Mosak & Maniaci \$42.35 • PEP Members: \$38.12

\$137/person, \$253/couple • PEP Members: \$121/person, \$229/couple
Kensington Mon 7:30-9:30pm #440 7 weeks **10/4-11/15**

Getting Organized: Where Do We Start?

For all parents. (Childcare offered. See p 4.)

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple
Kensington Tues 7:30-9:30 pm #601 cc **10/5**

Stop the Yelling, Start the Cooperation

For all parents. (Childcare offered. See p 4.)

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple
Kensington Thurs 7:30-9:30 pm #603 cc **10/21**

See also NurtureShock (p 1), Why Don't My Kids Listen to Me (p 1), Managing Anger (p 1), Resilience (p 1), PEP for Families.

FAMILIES

Planning for Safe Teen Driving

For parents with or without their teens, ages 14 and up.

\$30/adult, \$55/couple, \$15/teen • Members: \$25/adult, \$45/couple, \$10/teen
Kensington Wed 7:30-9:30 pm #602 **10/13**

Family Council Workshop

For all family members, age 6 and up.

Prerequisite: Preschoolers B, PEP I or Thriving With Teens.

\$86/family • PEP Members: \$75/family

Kensington Sun 1:00-3:30 pm #612 **11/21**

Open Forum Counseling For all parents. For children age 9 & up with their parents. A family works with an Adlerian moderator to educate the audience using real-life challenges. Members of the demonstration family may be younger than 9. (Childcare offered for children under 9. See p 4)

Fee per session: \$11/person, \$16/couple, \$5/child (age 9& up), \$25/family
PEP Members: free • current class participants: half price

"Time's Up!" When Parents & Children Disagree About "Screens"

Moderator: Barbara Fairfield, LCMFT, Adlerian therapist

Kensington Fri 7:30-9:30 pm cc #701 **10/22**

Who's the Boss of Homework in Our House?

Moderator: Emory Luce Baldwin, LCMFT, family therapist, PEP leader

Kensington Sat 6:30-8:30 pm cc #702 **11/13**

COUPLES

Enrich Your Marriage!

FREE

For any couple in a committed, intimate relationship.

Presenters: Barbara & Don Fairfield & other ACME leader couples.

Co-sponsored by the Washington Area Chapter of Better Marriages, Association for Couples in Marriage Enrichment.

Free. Space is limited. Pre-register.

Kensington, MD Sat 7:00-10:00 pm #804 **9/11**

Dealing With Anger In Couple Relationships

For any couple in a committed, intimate relationship.

Presenters: Barbara & Don Fairfield, ACME certified marriage enrichment couple

\$80/couple • PEP Members: \$70/couple

Kensington Sat 7:00-10:00 pm #611 **11/20**

pepcalendarfall10

DAY	DATES	TOPIC	COURSE #	PG
SEPTEMBER				
Sat	9/11	Why Don't My Kids Listen? (Kensington)	801	1
Sat	9/11	Enrich Your Marriage!	804	3
Tues	9/21	Why Don't My Kids Listen? (DC)	802	1
week of 9/20				1-4
Thurs	9/30-10/21	PEP FALL CLASSES BEGIN		
		Resilience	501	1
OCTOBER				
Fri	10/1-10/22	Teen Challenge Continues	502	3
Mon	10/4-11/15	Understanding Self & Others	440	3
Tues	10/5	Getting Organized	601	3
Wed	10/13-11/3	PEP II Plus	503	2
Wed	10/13	Planning For Safe Teen Driving	602	3
Sat	10/16	Why Don't My Kids Listen? (Virginia)	803	1
Thurs	10/21	Stop Yelling, Start Cooperating	603	3
Fri	10/22	OFC: Conflict Over "Screens"	701	3
Sun	10/24	Setting Limits With Young Children	604	2
Tues	10/26	Morning Mayhem	605	2
Thurs	10/28-11/11	Managing Anger	504	1
Thurs	10/28	Preparing to Launch	606	3
NOVEMBER				
Thurs	11/4	Allowances	607	2
Sat	11/6-11/20	Managing Anger	505	1
Mon	11/8-11/22	Communicating With Teens	608	3
Tues	11/9-11/30	Managing Anger	506	1
Sat	11/13	OFC: Homework	702	3
Thurs	11/18	SPECIAL EVENT: Best selling author Po Bronson on NutureShock	901	1
Sat	11/20	Couples workshop on Anger	611	3
Sun	11/21	Family Council Workshop	612	3
Mon	11/29-12/13	Limit Setting	507	2

MEMBERSHIP

PEP family and professional memberships provide discounts on classes, workshops, and books, plus access to members-only programs.

Professional members are included in PEP's Resource Listings.

Dues: Family Membership \$50 Professional Membership \$75

Members Support Sessions

Join an experienced PEP leader for a question and answer session about everyday parenting problems. Pre-register by noon of the business day before the scheduled session. \$5/person. Visit PEPparent.org for dates and times of the support sessions.

POLICIES

PRE-REGISTRATION: Pre-registration with full payment is required, unless a payment plan has been arranged with the PEP office.

PAYMENT PLANS & SCHOLARSHIPS: Call the PEP office for information.

CANCELLATION: PEP reserves the right to cancel any program with fewer than ten participants. If so, registration and childcare fees will be refunded.

TUITION REFUNDS:

6 - 10 Session Classes: Cancellations made at least 48 hours before the first class will receive a refund minus an administrative fee of \$15 per person per course. Withdrawals after that, but before the second class, will receive a refund of 75% of the tuition. There will be no refunds after the second class.

1 - 4 Sessions: Registrations cancelled at least 48 hours in advance of the event will receive a refund minus a \$10 per person administrative fee for two to four session seminars and a \$5 per person administrative fee for one session events. There will be no other refunds.

ABSENCES: Attendance is important; material taught in a class builds on prior weeks. It's best to register only if you're able to attend at least one of the first two class meetings. In PEP I, II, Toddlers, Preschoolers or Teens, participants can make up classes in the same session and also up to 2 classes in the next session by notifying the instructors and the PEP office. Other absences cannot be made up.

CONSULTATIONS

INDIVIDUAL CONSULTATIONS: People who have completed at least one of PEP's basic 8-10 week courses are eligible to register for one-on-one consultations with a PEP senior leader.

Visit www.PEPparent.org/pepconsults for pricing and other information.

CHILDCARE

cc = Childcare may be available only when indicated in the schedule. Register **at least one week in advance**. If registering within one week of class, call the PEP office for childcare status.

Call the PEP office before registering for babies younger than 1 year or for information about PEP's policy of keeping infants in class with parents.

Cancellation: If a sitter is not available, the class is cancelled, or the minimum for childcare has not been met, all fees paid will be refunded. Refunds for childcare are given only if requested 7 or more days before the start of the event.

10 week classes: \$120/first child; \$80/each additional child in same family
8 week classes: \$96/first child; \$64/each additional child in same family
shorter events: \$12/week/first child; \$8/week/additional child same family

*NOTE: Rockville Childcare. The JCC will be offering childcare for PEP I, #102 and for Setting Limits for Young Children, #604.

For more information please contact PEP at 301-929-8824.

COURSE LOCATIONS

VIRGINIA

McLean #1 22101

Montessori School of McLean
1711 Kirby Road

McLean #2 22101

St. Luke Catholic School
7005 Georgetown Pike

MARYLAND

Kensington 20895 (PEP)

Parent Encouragement Program
10100 Connecticut Ave

Bethesda 20817

Landon School
6101 Wilson Lane

Rockville 20852

Jewish Community Center
6125 Montrose Road

WASHINGTON

DC 20007

Temple Micah
2829 Wisconsin Ave, NW

registration fall 2010

OFFICE
USE
ONLY

Name(s) _____

Address _____

Phone (h) _____ (cell) _____

Phone (w) _____ Email _____ @ _____

COURSE / WORKSHOP

_____ Title _____ \$ _____

_____ Title _____ \$ _____

_____ Title _____ \$ _____

Book(s): _____ \$ _____

Childcare: Name: _____ Age: _____ \$ _____

Name: _____ Age: _____

Membership Payment: New Renew \$ _____

Tax-Deductible Donation: \$ _____

PAYMENT

Amount Enclosed: \$ _____

Check: payable to PEP

Charge: Discover/Mastercard/Visa Signature: _____

Exp. ___/___ Account # _____

Installment Payments: Call the PEP office to make arrangements.

MAIL, FAX, OR CALL tel: 301.929.8824 fax: 301.929.8834