

For Families

Open Forum Counseling

For all parents. For children age 9 and up with their parents.

An Adlerian moderator educates the audience using real-life challenges.

Members of the demonstration family or panel may be younger than 9.

FREE for PEP members | \$12 person | \$5 child (9 and up) or \$25 family



Do Chores Always Have to Be a Chore?

Moderator: Barbara Fairfield, LCMFT, Adlerian therapist

Friday, April 20 | 7:30 – 9:30 pm | #701

Are you exhausted by the mere thought of involving the whole family in chores? Does it seem like you have to think up a new, more clever “positive” system every week just to get the kitchen cleaned and the garbage taken out? In this session you will observe as a family tackles this issue, guided by the moderator, and each member discovers his or her own way of belonging in the household work.

“I Don’t Want to Go!”

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

Saturday, June 2 | 6:30 – 8:30 pm | #702

Sooner or later, most parents are faced with a child saying, “I don’t want to go!” – whether to the ballet class or swimming lesson or to Aunt Sue’s for dinner. The parent likely feels flummoxed, boxed in between “making” an angry child get with the program and renegeing on a commitment. Come to this session where the moderator will work with a family facing this situation, and learn from them how to win cooperation.

POLICIES

Pre-Registration with full payment is required unless a payment plan or scholarship is arranged with the PEP office. There are no reduced rates for attending fewer sessions. Unless otherwise indicated PEP classes are for adults only. See PEPparent.org for a complete listing of policies.

CHILDCARE

Childcare may be available for a fee when indicated in the schedule. Call the PEP office at 301-929-8824 to register children for childcare. PEP’s policies on childcare and on bringing infants to class can be found at PEPparent.org/policies.html.

MEMBERSHIP

PEP family and professional members receive 10% 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**

MEMBER SUPPORT

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 session. **\$5 per person.** PEPparent.org for dates and times.

Registration Online, Mail, Fax or Call tel: 301.929.8824 | fax: 301.929.8834

NAME/S			<input type="checkbox"/> Current Member
ADDRESS			
CITY	STATE	ZIP	
PHONE (H)	(C)	(W)	
E-MAIL			
COURSE TITLE	#	\$	
COURSE TITLE	#	\$	
COURSE TITLE	#	\$	
TEXTBOOK		\$	
MEMBERSHIP DUES (join or renew)		\$	
PEP is a 501c(3) not for profit organization, make a donation today!		\$	
<input type="checkbox"/> Enclosed is a check payable to PEP for the total registration fees or <input type="checkbox"/> Charge my: <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa Total Amount Due: \$ <input type="text"/>			
CREDIT CARD NUMBER	CREDIT CARD SECURITY CODE		
EXPIRATION DATE	PRINT CARDHOLDER'S NAME		
CARDHOLDER'S SIGNATURE			

Parent Encouragement Program 10100 Connecticut Ave, Kensington, MD 20895

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pep
Educating parents. Enriching families.
10100 Connecticut Ave, Kensington, MD 20895

15% Early Bird Discount
for 7 – 10 Week Classes if registered by March 26

Register Online Now!

Spring 2012 Calendar

March

Sat 24 Why Don't My Kids Listen?

April

Tues 10 PEP Core Classes Begin
Thurs 12 Why Don't My Kids Listen? DC (1)
Fri 13 – May 11 Teens: The Challenge Continues
Fri 20 OFC – Chores
Tues 17 – May 29 Positive Psychology
Wed 25 Planning for Safe Teen Driving
Thurs 26 – May 10 Managing Anger
Fri 27 Putting An End to Whining

May

Fri 4 - 18 Managing Anger
Thurs 10 Power Tools for Power Struggles – DC(3)
Mon 14 & 21 When Everything Turns Into a Fight
Thurs 17 - 31 Limit Setting
Thurs 17 - 31 Managing Anger – DC(3)

June

Fri 1 Allowances
Fri 1 – Sat 2 Marriage Enrichment Mini-Retreat
Sat 2 OFC – Cooperation
Tues 5 WEBINAR: Stop the Yelling, Start the Cooperation

Course Locations

Courses are located in Kensington unless otherwise noted.

Ashburn VA 20147

Arris Montessori Academy
44675 Cape Court #189

Kensington MD 20895

Parent Encouragement Program (PEP)
10100 Connecticut Ave

Rockville MD 20852

Jewish Community Center
6125 Montrose Rd

Washington DC (1) 20007

Temple Micah
2829 Wisconsin Ave, NW

Washington DC (2) 20008

Gan HaYeled Nursery School
Adas Israel Congregation
2850 Quebec St, NW

Washington DC (3) 20007

Hill Center at the Old Naval Hospital
921 Pennsylvania Ave, SE

PEPSchedule

Register Online Now!

Classes and workshops for parents and couples

SPRING 2012

15% Early Bird Discount

for 7 – 10 Week Classes if registered by March 26

FREE Spring Intro to PEP

Why Don't My Kids Listen to Me?

For parents of children age 2½-18 who have never taken a PEP course.

Saturday, March 24 | 4 – 5:30 pm | Kensington | #801

Thursday, April 12 | 10 – 11:30 am | DC (1) | #802

Are you tired of saying the same things over and over? Do you find yourself giving in to your kids' demands and/or yelling at them? How many times DO you have to tell them? Come to this free workshop and learn how to gain your children's cooperation without nagging, bribing, or yelling.

Free. Space is limited. Pre-register.

Webinar

Stop the Yelling, Start the Cooperation

For all parents

Tuesday, June 5 | 8:30 – 9:30 pm

Online

Children become deaf to our requests and we raise our voices to get a response. They start yelling back at us and each other. Break the cycle, encourage cooperation, and create a more harmonious – and quieter – household.

\$20 person | \$18 member

PEP's Summer 2012 Day Camps

PEP's Friendship Camps are designed with a difference. Rather than organizing the day around activities, these camps are planned around the social interactions of the children. Check out the Camps under the Classes/Programs tab at PEPparent.org.

Building Buddies Friendship Camp

for boys age 8 – 10

June 25 – 29 | 9 am – 3 pm

Girls Friendship Camp

for age 8 – 12

June 18 – 22 | 9 am – 3 pm

Girls Friendship Camp

for age 8 – 12

July 2 – 13 (skips July 4) | 9 am – 3 pm

Register Online Now!

Register | Renew | Donate!

You can now register for all PEP programs (except child care and camps) online. Go to PEPparent.org, find any class, and click on the register button. Scroll down the classes listed (in date order) until you find the one you want. Click the SIGN UP NOW button and follow the prompts. If you are becoming a PEP member or renewing your membership, do that first, then register for classes at the discounted price. The “Help” tab online has more information.

PEPparent.org



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10100 Connecticut Ave, Kensington, MD 20895 | 301-929-8824 | PEPparent.org

Young Children

Parenting Preschoolers A Core Course

For parents of children age 2 1/2 – 5 | Eight weeks

- Tuesdays, April 10 – May 29** | 7:30 – 9:30 pm | #411 
- Wednesdays, April 18 – June 6** | 9:30 – 11:30 am | Rockville #412 
- Wednesdays, April 18 – June 6** | 7 – 9 pm | DC (2) #413
- Thursdays, April 19 – June 7** | 9:30 – 11:30 am | DC (1) #414
- Saturdays, April 28 & May 12** | 9 am – 5 pm | 2 days | #415


Understand your child's development and what it means to be an effective parent in today's world. Learn to set limits and solve behavior problems calmly and consistently; use positive discipline methods to address tantrums, power struggles, and other misbehavior; foster cooperation and responsibility; and rediscover the joy of parenting.

\$217 person | \$195.30 member • Text: \$17.97 | \$16.17 member

 #412 Babysitting is available at JCCGW. For more information contact 301-348-3837 or jsilber@jccgw.org.

Parenting Preschoolers B Core Course

For parents of children age 2 1/2 - 5 who have taken Parenting Preschoolers A | Eight weeks

- Thursdays, April 12 – May 31** | 7 – 9 pm 

Still working on being patient, avoiding power struggles, and calming tantrums? Have questions about biting at 2, whining at 3, lying at 4, disrespect at 5, or any number of other preschooler misbehaviors? 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 enjoy less frustration and more fun with your children now.

\$217 person | \$195.30 member • Text: \$15 | \$13.49 member

Putting an End to Whining

For parents of children age 2 – 12

- Friday, April 27** | 9:45 – 11:45 am

Why do kids keep whining, despite all the reminding, cajoling, and lecturing parents do to get them to stop? Learn the answers and what will really work to foster more respectful, enjoyable communication in your family. **\$30 person | \$27 member**



For All Parents

Positive Psychology

For all adults | Seven weeks

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


- Tuesdays, April 17 – May 29**
10:15 – 11:45 am

Are some people just naturally happier? Scientific research shows that everyone has the traits that lead to happiness, but we might not know how to cultivate them. Learn the proven techniques to enjoy life to the fullest, based on the Authentic Happiness program developed by Martin Seligman. CE Hours: Continuing Education credits are available for counselors and therapists. Contact PEP for information.

**\$154 person | \$138.60 member
Text: \$16.96 | \$15.26 member**

Managing Anger: A Parent's Guide

For all parents | Three weeks

- Thurs., April 26 – May 10** | 7:30 – 9:30 pm | #502 
- Fri., May 4 – 18** | 9:45 – 11:45 am | #503
- Thurs., May 17 - 31** | 7:30 – 9:30 pm | DC (3) | #504

Examine the real reasons parents get angry at their kids, and learn how to change your thoughts, words, and actions for more positive outcomes; plus tools to help your children handle their anger. **\$90 person | \$81 member**

Raising "I Can" Kids

For all parents

- Wednesday, May 16** | 7:30 – 9:30 pm

A child's "I Can Quotient" is a more important indicator of being able to thrive in life than the traditional IQ. Learn strategies to increase your child's sense of feeling connected, capable, competent and courageous. **\$30 person | \$27 member**



\$30 person | \$27 member



Elementary-Middle Schoolers

PEP I Becoming a More Encouraging Parent Core Course

For parents of children age 5 – 12

- Tues., April 10 – May 29** | 7:30 – 9:30 pm | 8 weeks #101 
- Thurs., April 12 – May 31** | 9:45 – 11:45 am | 8 weeks #102 
- Thurs., April 12 – June 7** | 7 – 9 pm | Ashburn, VA | 9 weeks #103
- Sat., April 21 & May 5** | 9:00 am – 5:00 pm | 2 days #104



Looking for a new and refreshing outlook on parenting? Tired of whining, dawdling, bedtime battles, disrespect, homework vs. media, sibling fights, and other problems? In PEP I, parents learn the skills to solve behavior problems and raise children to be respectful, responsible, caring people. Become the consistent, confident parent you want to be.

\$248 person | \$223.20 member • Text: \$15 | \$13.49 member

PEP II Putting Your New Skills to Work Core Course

For parents of children age 5 – 14 | Ten weeks

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

- Tues., April 10 – June 12** | 7:30 – 9:30 pm | #201 
- Thurs., April 12 – June 14** | 9:45 – 11:45 am | #202 

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.

\$248 person | \$223.20 member • Text: \$15.85 | \$14.26



Limit Setting

For parents of children ages 5-12 | Three weeks

- Thursdays, May 17 – 31** | 7 – 9 pm 

How can parents set boundaries that will hold steady through all the children's arguing and testing and resist erosion by daily crises and parental fatigue? Examine why upholding clear rules and expectations is worth the effort, and learn a process for setting limits with the right balance of freedom and responsibility. Participants are encouraged to read the text, *Setting Limits With Your Strong-Willed Child* by Robert J. MacKenzie, Ed.D., in advance or pick it up at the first class. **\$90 person | \$81 member
Text: \$15.90 | \$14.31 member**

Allowances: Early Lessons in Money Management

For parents of children age 5-18

- Friday, June 1** | 9:45 – 11:45 am

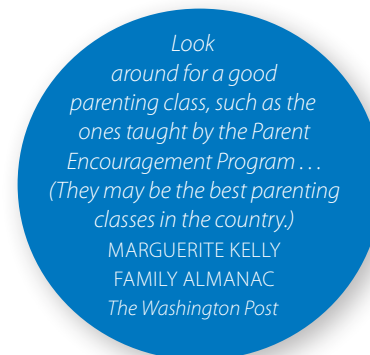
Allowances provide the perfect vehicle for helping children develop their money management skills and general financial savvy. They also help to reduce power struggles. Learn when to start an allowance, how to incorporate responsibilities, and how to get kids involved in saving and giving. **\$30 person | \$27 member**


"You Can't Make Me Do That!" Power Tools for Power Struggles

For parents of children age 4 – 12

- Thursday, May 10** | 7:30 – 9:30 pm | DC (3)

No one wins in a power struggle. Even if you've forced your child to comply, you often feel defeated. Learn why the struggles start and how you can avoid them, sidestep them, and transform fighting into cooperation. **\$30 person | \$27 member**



 Childcare available. See registration form for details.

 Step-by-step series providing essential parenting concepts and skills.

Teens

Thriving with Teens Core Course

For parents of teens age 13-18 | Ten weeks

- Fridays, April 13 – June 15** | 9:30 – 11:30 am | #431

Learn proven, positive strategies to parent teenagers effectively in the midst of their peers, media, the Internet, and their own adolescent development. Communicate with your teen on topics from school to sex; use consequences and positive discipline to guide your teen's growing independence; and build a relationship based on mutual respect, cooperation, and responsibility. **\$248 person | \$223.20 member • Text: \$17.97 | \$16.17 member**

Teens: The Challenge Continues

For parents of teens age 13-18 who have taken Thriving with Teens | Four weeks

- Fridays, April 13 – May 11** (skips May 4) | 9:30-11:30 am

If you're still working on discipline, respect, and communication, you're not alone. This follow-up to Thriving With Teens is a forum for discussion and continued support with issues such as alcohol and other drugs, sex, anger, responsibility, and independence.

\$110 person | \$99 member

When Everything Turns Into a Fight

For parents of children age 12-16 | Two weeks

- Mondays, May 14 & 21** | 7 – 9 pm

Are you living with a teen who disagrees with you about everything – even about whether there's a disagreement? Take a break from the battles and join us for a friendly workshop about arguing teens. We will talk about why they argue, and how fighting can actually help them grow up! You will also get lots of tips on how to stay calm and connected with your teen while the storms rage around you.

\$60 person | \$54 member

Planning for Safe Teen Driving

For parents with or without their teens 14 years and up

- Wednesday, April 25** | 7:30 – 9:30 pm

Family members working together can substantially reduce the risks of crashes in the first years of teen driving. Learn about the problems experienced by novice teen drivers in our area and proven strategies for teens and parents to navigate safely this critical stage. National Safety Council book included. **\$30 adult | \$15 teen • \$27 adult member | \$13.50 teen member**



Couples Corner

Marriage Enrichment Mini-Retreat

- Friday, June 1** | 7 – 10 pm
- Saturday, June 2** | 9 am – 4:30 pm

Presenters: Barbara and Don Fairfield with other Better Marriages Certified Marriage Enrichment Leader Couples

For couples in a committed, intimate relationship, this is an opportunity to experience deeper couple dialogue, explore communication skills, and enrich your level of intimacy. The format includes private couple conversation and small group experience focused on exploring communication and conflict in intimate relationships. Participating couples must be able to attend the full retreat, Friday evening and all day Saturday.

Co-sponsored by the Washington Area Chapter of Better Marriages (A.C.M.E.)
\$150 couple | \$135 member couple



Visit PEPparent.org and register today!



PEP thanks PrepMatters for sponsoring the parenting teens classes this session.