PEP in the Community

MCPS Parent Academy Talk | Co-sponsored by PEP

For parents of children 5-18

Positive Discipline

Wed, Sept 16 | 7:30 pm | Germantown Elementary School

FREE. To register, check PEP’s website (PEPparent.org) or MCPS website (mcpsparentacademy.org).

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 and pay for childcare. PEP’s policies on childcare and on bringing infants to class can be found on the Policies page of our website (www.pep.org/policies). $15 per child per session $10 per second child from same family per session.

MEMBERSHIP

PEP family and professional members receive 10% discounts on classes, workshops and books, plus access to members-only programs and free attendance at Open Forum Counseling sessions. Professional members are included in PEP’s Resource Listings. Family Membership $55

MEMBER SUPPORT

Join an experienced PEP leader for a question-and-answer session about everyday parenting problems. Pre-registered by noon of the business day before the session. PEP’s website for dates and times. $5/member

EMERGENCY CLOSINGS

Check our website for the latest on weather closings.

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Registration

Online, Mail, Fax or Call

Scholarships are available for class fees. Contact PEP office.

For all Adults

Adlerian Theory: Fundamentals and Applications

Presenter: Barbara Fairfield, LCMFT, Adlerian therapist

Wed, Nov 4 - 18 | 9:45 - 11:45 am | 3 weeks | Text: TBA

Understand the theory underlying PEP’s approach. You’ll gain self-awareness, develop an Adlerian perspective and move toward the life you want to lead. $56/person $68.20 member

Positive Psychology: Building Optimism, Resilience & Fulfillment

Tues, Sept 29 - Nov 10 | 7 weeks

Learn how to use your innate character strengths for mental wellness and a flourishing life. This class is based on the Authentic Happiness program developed by Martin Seligman. $160/person $144 member • Text: $16.96 $15.26 member

For Couples

Growing More Intimate Through Communication

Sat, Nov 14 | 7 - 10 pm

$85 couple $76.50 member couple

PEP’s Noted Author Series

Edward Hallowell, MD

For groundbreaking advice on raising children and remaining sane in a competitive, attention-deficit society, Dr. Ned Hallowell has no equal. The world renowned ADHD expert and bestselling author ofDriven to Distraction has appeared on 20/20, PBS, The Today Show and more. A child and adult psychiatrist, he is a former faculty member of the Harvard Medical School and now devotes his full time to his clinical practice, lecturing and writing.

The 5 Keys to Raising Motivated, Positive, Capable Kids

For parents of children of all ages

Thurs, Nov 19 | 9:30 - 11 am | Landon School, 6101 Wilson Lane, Bethesda, MD 20817

Dr. Hallowell will outline a five-step plan for parents to promote their children’s learning, resilience and lifelong joy. Discover how connection, play, practice, mastery and recognition work together for healthy self-esteem, moral awareness and the ability to self-motivate. $35/person $31.50 member

Unwrapping the Gifts:

A Strengths-Based Approach to Parenting the ADHD Child

For parents of children of all ages

Fri, Nov 20 | 9:30 - 11 am | Temple Emanuel, 10101 Connecticut Ave, Kensington, MD 20895

The gifts of children can easily get lost amid negative comments from doctors, teachers and even loving but frustrated parents. Dr. Hallowell addresses the impact of ADHD on the family and specific ways to unwrap the talents and skills of the ADHD child. $35/person $31.50 member

#8853 United Way

PEP is a nonprofit and relies on donations. If you give through the United Way or CFC, please designate PEP. Thank you.

# BBS3

CFC # 25002

EDUCATING PARENTS. ENRICHING FAMILIES.

Parent Encouragement Program

10100 Connecticut Ave, Kensington, MD 20895

|    |   |   |   |   |
Young Children

Parenting Preschoolers
For parents of children age 3-5
Tues, Sept 20 - Nov 22 | 9:45 - 11:45 am | 8 weeks | #401
Wed, Sept 30 - Nov 18 | 7:30 - 9:30 pm | 8 weeks | #402
Sat, Nov 7 - 21 | 9 am - 2 pm | 3 weeks | #413
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.

$229 person | $206.10 member • Text: $17.97 | $16.17 member

More Tools for Parenting Preschoolers
For parents of children age 3-5
Prerequisite: Parenting Preschoolers
Thurs, Sept 24 - Nov 12 | 12:30 - 2:30 pm | 8 weeks | #421
You’ve learned to view your child through a new lens, but the skills of being patient, avoiding power struggles and taming tantrums still take practice. As you gain a deeper understanding of why children misbehave, you’ll also stock your toolbox with more ways to set limits and use consequences, help your child learn to self-regulate strong feelings, use positive discipline even with your extra-challenging child; and much more.

$229 person | $206.10 member • Text: $19.66 | $17.26 member

Elementary-Middle Schoolers

PEP I: Parenting 5 to 12 Year Olds
For parents of children age 5-12
Tues, Sept 20 - Nov 22 | 12:30 - 2:30 pm | 8 weeks | #401
Wed, Sept 20 - Nov 22 | 7:30 - 9:30 pm | 8 weeks | #402
Thurs, Sept 20 - Nov 22 | 9:15 - 11:15 am | #403
Fri, Sept 20 - Nov 22 | 7:30 - 9:30 pm | 8 weeks | #404
Mon, Oct 1 - Nov 24 | 10 am - 12 pm | 3 weeks | #405
Sat, Oct 26 - Dec 10 | 9 am - 1 pm | 3 weeks | #406

Do you wonder how to raise your children to be responsible, respectful and trustworthy—all while getting dinner on the table? Do you worry about cyber vaz, peer pressure and other facts of modern life? Parenting, while it brings much joy, is hard work. This class will make it easier and much more satisfying by giving you a sound framework for positive parenting and proven skills to correct whining, backtalk, defiance and the whole range of misbehavior. Learn ways to be close and have more fun as a family while also motivating your children to be more cooperative, self-disciplined and successful. $259 person | $233.10 member + Text: $16.96 | $15.26 member

PEP II: Next Steps for Parenting 5 to 12 Year Olds
For parents of children age 5-12
Prerequisite: More Tools for Parenting Preschoolers; PEP I or Thriving with Teens.
Thurs, Sept 17 - Nov 19 | 9:45 - 11:45 am | 10 weeks | #407
Thurs, Sept 17 - Nov 12 | 7:30 - 9:30 pm | 9 weeks | #408
Thurs, Sept 17 - Dec 3 | 7 - 9 pm | skips 9/24, 11/26 | DC1 | 10 weeks | #409
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 child’s goals and figure out how to respond more effectively. $259 person | $233.10 member + Text: $15.85 | $14.26

Parenting Essentials
For parents of children 5-9 who have not taken PEP I: Parenting 5 to 12 Year Olds
Mon, Oct 5 - 6 | 7:30 - 9:30 pm | 4 weeks
Key concepts and skills of positive parenting are distilled into a results-based, four-part plan for you to address your child’s misbehavior, build respect and motivate better cooperation. Each class session includes individual problem-solving and support. As you watch your children growing more responsible, you’ll experience less stress and more confidence as a parent.

Setting Limits and Boundaries
For parents of children age 5-12
Fri, Dec 4 - 18 | 9:45 - 11:45 am | 3 weeks
What’s the trick to setting limits that hold steady through children’s arguing and testing and growing more responsible, you’ll experience less stress and more confidence as a parent.

No More Morning Mayhem
For parents of children age 4-12
Thurs, Oct 1 | 12:30 - 2:30 pm | 3 weeks
$35 person | $31.50 member

Whose Responsibility Is This?: Holding Kids Accountable for Their Schoolwork
For parents of children age 5-14
Thurs, Oct 8 | 12:30 - 2:30 pm | 3 weeks
$35 person | $31.50 member

Consequences: Effective Discipline Without Punishment
For parents of children age 4-14
Tues, Oct 20 | 7:30 - 9:30 pm | 3 weeks
$35 person | $31.50 member

Raising Responsible Children
For parents of children age 5-12
Fri, Nov 6 | 9:45 - 11:45 am | 3 weeks
$35 person | $31.50 member

Helping Children Deal with Disappointment
For parents of children age 4-12
Mon, Nov 9 | 7:30 - 9:30 pm | 3 weeks
$35 person | $31.50 member

Power Tools for Power Struggles
For parents of children age 5-12
Fri, Nov 13 | 9:45 - 11:45 am | 3 weeks
$35 person | $31.50 member

For Families

Open Forum Counseling
For all parents and for children age 13 and up with their parents
An Aderian moderator educates the audience using real-life challenges. Members of the demonstration family may be younger than 9.

FREE for PEP members | $15 person | $5 child (9 and up) or $30 family

Why Don’t Kids Do What They’re Told?
Moderator: Emily Lucy Baldwin, LCMT, family therapist, PEP leader, co-author of Parenting with Courage and Uncommon Sense
Sat, Oct 24 | 6:30 - 8:30 pm | #410
Followed by Q&A, 8:30 - 9 pm

For Teens

Thriving with Teens
For parents of teens age 13-18
Wed, Sept 30 - Nov 18 | 7 - 9 pm | 8 weeks | #411
Fri, Sept 18 - Dec 4 | 7:30 - 9:30 pm | skips 10/16, 11/27 | 9 weeks | #412
Learn proven, positive strategies to parent teenagers effectively in the midst of their peer, 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.

$259 person | $233.10 member • Text: $17.97 | $16.17 member

Planning for Safe Teen Driving
For parents with or without their teens age 14 & up
Tues, Oct 13 | 7:30 - 9:30 pm

$35 adult | $17.50 teen

$31.50 adult member + $17.50 teen member

“When Whatever”: Responding Effectively to Teen Attitude & Backtalk
For parents of teens age 13-18
Tues, Nov 10 | 7:30 - 9:30 pm

$35 person | $31.50 member

For All Parents

Managing Anger: A Parent’s Guide
For all parents
Sat, Sept 26 - Oct 10 | 10 am - 12 pm | 3 weeks | #401
Wed, Oct 14 - 28 | 9:45 - 11:45 am | 4 weeks | #402
Mon, Nov 9 - 23 | 7:30 - 9:30 pm | 4 weeks | #403
Examine the real reasons parents get angry and learn how to change your thoughts; words and actions for more positive outcomes. Learn ways to help your kids cope with their anger; too.

$98 person | $88.20 member

Parenting in Perspective: Empowering Yourself and Others
For all parents
Prerequisite: More Tools for Parenting Preschoolers, PEP I or Thriving with Teens
Thurs, Sept 24 - Nov 12 | 9:45 - 11:45 am | 8 weeks
Use the concepts you learned in prior courses to gain insights into yourself, your values, your parenting and your own behavior. Learn practical and transformative ways to apply your PEP skills in the adult world.

$229 person | $206.10 member