

# 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. **\$98 person | \$88.20 member**

## Positive Psychology: Building Optimism, Resilience & Fulfillment

**Tues, Sept 29 - Nov 10** | 10 - 11:30 am | 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

For all couples in a committed intimate relationship

Presenters: Barbara and Don Fairfield are a certified leader couple from Better Marriages.org

**Sat, Nov 14** | 7 - 10 pm

**\$85 couple | \$76.50 member couple**

# PEP in the Community

## MCPS Parent Academy Talk | Co-sponsored by PEP

For parents of children age 5-18

### Positive Discipline

**Wed, Sept 16** | 7 - 8:30 pm | **Germantown Elementary School**

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

### POLICIES

**Preregistration** 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 children in childcare. PEP's policies on childcare and on bringing infants to class can be found on the Policies page of our website at PEPparent.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 \$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. PEPparent.org for dates and times. **\$5/member**

### EMERGENCY CLOSINGS

Check our website for the latest on weather closings.

## Registration Online, Mail, Fax or Call

tel: **301.929.8824** (MD) | **703.242.8824** (VA)  
fax: **301.929.8834**

Scholarships are available for class fees. Contact PEP office.

NAME/S	<input type="checkbox"/> Current Member
PHONE	E-MAIL
COURSE TITLE	# \$
COURSE TITLE or MEMBERSHIP	# \$
<input type="checkbox"/> Enclosed is a check payable to PEP for the total registration fees	
	\$

**Parent Encouragement Program** 10100 Connecticut Ave, Kensington, MD 20895

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

## Fall 2015 Calendar

### August

Sat 29 Why Don't My Kids Listen to Me?

### September

Sat 12 Why Don't My Kids Listen to Me?

Wed 16 Positive Discipline - MCPS Parent Academy

Thurs 17 PEP core classes begin

Sat 19 Why Don't My Kids Listen to Me? - McLean, VA

Sat 26 - Oct 10 Managing Anger: A Parent's Guide

Sat 26 Enrich Your Marriage - A free introduction

Tues 29 - Nov 10 Positive Psychology

### October

Thurs 1 Morning Mayhem

Mon 5 - 26 Parenting Essentials

Tues 6 Challenging Behaviors in Preschoolers & Toddlers

Thurs 8 Whose Responsibility Is This Schoolwork?

Tues 13 Planning for Safe Teen Driving

Wed 14 - 28 Managing Anger: A Parent's Guide

Tues 20 Consequences

Sat 24 OFC: Why Don't Kids Do What They're Told?

Mon 26 Eating, Sleeping & Toilet Training

### November

Wed 4 - 18 Adlerian Theory: Fundamentals

Fri 6 Raising Responsible Children

Mon 9 Helping Children Deal with Disappointment

Mon 9 - 23 Managing Anger: A Parent's Guide

Tues 10 Putting a Damper on Whining

Tues 10 Teen Attitude & Backtalk

Fri 13 Power Tools for Power Struggles

Sat 14 Couples: Growing More Intimate Thru Communication

Sun 15 OFC: Why Kids Settle for Less Than Their Best in School

Thurs 19 **Hallowell: 5 Keys to Raising Motivated Kids**

Fri 20 **Hallowell: ADHD Strength-Based Approach**

### December

Wed 2 - 9 Backtalk

Fri 4 - 18 Setting Limits & Boundaries

# Course Locations

Courses are located in Kensington unless otherwise noted.

**Kensington, MD 20895 - PEP**  
Parent Encouragement Program  
10100 Connecticut Ave

**Great Falls, VA 22066**  
Starbucks Conference Room  
9863 Georgetown Pike

**McLean, VA 22101**  
Montessori School of McLean  
1711 Kirby Road

**Washington, DC (1) 20007**  
Temple Micah  
2829 Wisconsin Ave, NW

**Washington, DC (2) 20012**  
Lowell School  
1640 Kalmia Rd, NW

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

**United Way** # 8853 **CFC** # 25002

# PEPSchedule

Classes and workshops for parents and couples **FALL 2015**

**WHERE'S THE CLASS HELD?** Courses are located in Kensington unless otherwise indicated

**REGISTER** at PEPparent.org

## FREE 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

**Sat, Aug 29** | 3 - 4:30 pm | #801

**Sat, Sept 12** | 3 - 4:30 pm | #802

**Sat, Sept 19** | 1 - 2:30 pm | **McLean** | #803

Tired of saying the same things over and over and getting no response? Learn some tips and tools for getting more cooperation from your kids. **Free. Space is limited. Preregister.**

### Enrich Your Marriage!

For couples in a committed relationship

**Sat, Sept 26** | 7 - 10 pm | #804

Healthy marriages make for healthy families. Spend an evening with your partner, learning ways to communicate more effectively and enjoy one another more. Co-sponsored by the Washington Area Chapter of Better Marriages. **Free. Space is limited. Preregister.**

# 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 of *Driven 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** | 7:30 - 9 pm | 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**



**Educating parents. Enriching families.**

301-929-8824 (MD) | 703-242-8824 (VA)

10100 Connecticut Ave, Kensington, MD 20895 | PEPparent.org

# Young Children

## Parenting Preschoolers

For parents of children age 2½-5



**Tues, Sept 29 - Nov 17** | 9:45 - 11:45 am | 8 weeks | #411

**Wed, Sept 30 - Nov 18** | 7:30 - 9:30 pm | 8 weeks | #412

**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 2½-5



Prerequisite: Parenting Preschoolers

**Thurs, Sept 24 - Nov 12** | 7 - 9 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: \$16.96 | \$15.26 member**

## Challenging Behaviors in Toddlers and Preschoolers

For parents of children age 1-5

**Tues, Oct 6** | 7:30 - 9:30 pm

**\$35 person | \$31.50 member**

## Eating, Sleeping & Toilet Training

For parents of children age 1-5

**Mon, Oct 26** | 7:30 - 9:30 pm

**\$35 person | \$31.50 member**

## Putting a Damper on Whining

For parents of children age 2-12

**Tues, Nov 10** | 7:30 - 9:30 pm

**\$35 person | \$31.50 member**

# Elementary-Middle Schoolers

## PEP I: Parenting 5 to 12 Year Olds

For parents of children age 5-12



**Tues, Sept 29 - Nov 24** | 12 - 2 pm | skips 11/3 | **Great Falls** | 8 weeks | #101

**Wed, Sept 30 - Dec 2** | 7:30 - 9:30 pm | skips 11/11, 11/25 | **DC2** | 8 weeks | #102

**Thurs, Sept 24 - Nov 12** | 9:45 - 11:45 am | 8 weeks | #103

**Thurs, Sept 24 - Nov 12** | 7:30 - 9:30 pm | 8 weeks | #104

**Thurs, Oct 1 - Nov 19** | 9:15 - 11:15 am | **McLean** | 8 weeks | #105

**Thurs, Oct 15 - Dec 17** | 12:30 - 2:30 pm | skips 11/12, 11/26 | 8 weeks | #106

**Sat, Sept 26 - Oct 10** | 9 am - 1 pm | 3 weeks | #107

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 cyberspace, 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 closer 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**

Childcare available.  
See registration form for details.

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

## 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 | #201

**Thurs, Sept 17 - Nov 12** | 7:30 - 9:30 pm | 9 weeks | #202

**Thurs, Sept 17 - Dec 3** | 7 - 9 pm | skips 9/24, 11/26 | **DC1** | 10 weeks | #203

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. **\$259 person | \$233.10 member • Text: \$15.85 | \$14.26**

## Parenting Essentials

For parents of children age 5-12 who have not taken PEP I: Parenting 5 to 12 Year Olds

**Mon, Oct 5 - 26** | 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 children'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.

**\$149 person | \$134.10 member • Text: \$16.96 | \$15.26 member**

## 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 parental fatigue? Examine why upholding clear rules and expectations is worth the effort, and learn a process for determining the right balance of freedom and responsibility. Participants can read the text, *Setting Limits with Your Strong-Willed Child* by Robert J. MacKenzie, in advance or pick it up at the first class. **\$98 person | \$88.20 member • Text \$15.90 | \$14.31**

## Backtalk: "How Dare You Speak to Me That Way!"

For parents of children age 5-18

**Wed, Dec 2 - 9** | 7:30 - 9:30 pm | 2 weeks

Tired of sarcasm, eye-rolling and profanity? Learn the reasons behind children's disrespectful behavior and a variety of effective responses to it that will build mutual respect and strengthen your relationship with each child. **\$67 person | \$58.50 member**

## No More Morning Mayhem

For parents of children age 4-12

**Thurs, Oct 1** | 12:30 - 2:30 pm

**\$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

**\$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

**\$35 person | \$31.50 member**

## Raising Responsible Children

For parents of children age 5-12

**Fri, Nov 6** | 9:45 - 11:45 am

**\$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

**\$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

**\$35 person | \$31.50 member**

# Teens

## Thriving with Teens

For parents of teens age 13-18



**Wed, Sept 30 - Nov 18** | 7 - 9 pm | 8 weeks | #431

**Fri, Sept 18 - Dec 4** | 9:30 - 11:30 am | skips 10/16, 11/27 | 9 weeks | #432

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. **\$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 • \$15.75 teen member**

## "Like 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 Families

## Open Forum Counseling

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

An Adlerian 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: Emory Luce Baldwin, LCMFT, family therapist, PEP leader, co-author of *Parenting with Courage and Uncommon Sense*

**Sat, Oct 24** | 6:30 - 8:30 pm | #701

## When Children Settle for Less Than Their Best in School

Moderator: Barbara Fairfield, LCMFT, Adlerian therapist

**Sun, Nov 15** | 6:30 - 8:30 pm | #702

followed by Q&A, 8:30 - 9 pm

# For All Parents

## Managing Anger: A Parent's Guide

For all parents

**Sat, Sept 26 - Oct 10** | 10 am - 12 pm | 3 weeks | #501

**Wed, Oct 14 - 28** | 9:45 - 11:45 am | 3 weeks | #502

**Mon, Nov 9 - 23** | 7:30 - 9:30 pm | 3 weeks | #503

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**

