

PEP in the Community

MCPS Parent Academy Talk | Co-sponsored by PEP

This **FREE** workshop is offered in collaboration with the MCPS Parent Academy. To register, check PEP's website (PEPparent.org) or the MCPS website (mcpsparentacademy.org).

Positive Discipline

For parents of children age 5-18

Wed, Jan 13 | 7 - 8:30 pm | location to be announced

For PEP Members

PEP Member Support Sessions

Join an experienced PEP leader for a question and answer session about everyday parenting problems. Preregister by noon of the business day before the session. **\$5 member**

Wed, Mar 23 | 10 - 11:30 am | For parents of children age 5-12

Tues, Apr 5 | 10 - 11:30 am | For parents of children age 0-5

Fri, Apr 8 | 11:45 am - 1:15 pm | For parents of teens age 13-18

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

Couples Corner

Couples Enrichment Mini-Retreat

For all couples in a committed intimate relationship

Presenters: Barbara and Don Fairfield and other certified leader couples from Better Marriages.org

Experience improved couple dialogue, explore communication skills and enrich your level of intimacy. The format includes private couple conversation alternating with small-group sessions.

Fri, Mar 18 | 7 - 10 pm **AND Sat, Mar 19** | 9 am - 4:30 pm

\$150 couple | **\$135 member couple**



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.

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

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**

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



Winter 2016 Calendar

January

Sat 9	Why Don't My Kids Listen to Me?
Mon 11	PEP core classes begin
Wed 13	Positive Discipline - MCPS Parent Academy
Sat 23 - Feb 6	PEP II Intensive 3-part class
Thurs 28	Positive Psychology

February

Mon 1	Making Homework a Habit
Tues 2	Expectations & Communication with a Young Adult
Tues 2 - 16	Managing Anger: A Parent's Guide - Kensington
Wed 3 - 17	Managing Anger: A Parent's Guide - Great Falls
Thurs 4	Consequences - DC 1
Mon 8	Becoming a Tech-Saavy Parent
Tues 9	Self-Regulation Through Emotion Coaching
Wed 17 - Mar 2	Communicating with Teens on Sensitive Topics
Fri 19	OFC: The Challenge of Parenting Together
Wed 24	Stop the Yelling, Start the Cooperation

March

Tues 1	Challenging Behaviors in Toddlers & Preschoolers
Wed 2 - 16	Managing Anger: A Parent's Guide - Kensington
Thurs 3	This Isn't a Hotel: Getting Kids to Help Out - DC 1
Sat 5	OFC: Creating a More Hopeful Family
Sun 6	Family Council Workshop
Mon 7	Planning for Safe Teen Driving
Sat 12	Can Do Kids Fair
Fri 18 - Sat 19	Couples' Enrichment Mini-Retreat
Sat 19	Good Work! Raising Responsible Children
Wed 23	PEP Member Support - parents of 5-12 year olds

April

Tues 5	PEP Member Support - parents of 0-5 year olds
Fri 8	PEP Member Support - parents of 13-18 year olds

Course Locations

Courses are located in Kensington unless otherwise noted.

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

Arlington, VA 22205
St. Michael's Episcopal Church
1132 North Ivanhoe St

Great Falls, VA 22066
Starbucks Conference Room
9863 Georgetown Pike

McLean, VA 22101
Montessori School of McLean
1711 Kirby Rd

Vienna, VA 22180
Green Hedges School
415 Windover Ave

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

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

PEPSchedule

Classes and workshops for parents and couples **WINTER 2016**

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

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. Preregister.

Sat, Jan 9 | 3 - 4:30 pm | **Kensington**



Can Do Kids Fair

Activities are designed for children age 3-10, with a parent



Sat, Mar 12 | 2:30 - 4:30 pm | general public
| 1:30 - 4:30 pm | PEP members

Hammering nails, painting, vacuuming, manners, sewing on a button, making a nutritious snack—children practice skills they know and learn new ones, supervised by adults and older children who earn community service hours.
\$15 person, max \$50 family | \$13.50 member, max \$45 member family



Same PEP II course, now a 3-Saturday option!

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

For parents who have completed PEP I, More Tools for Parenting Preschoolers or Thriving with Teens

Sat, Jan 23 - Feb 6 | 9 am - 1 pm | 3 weeks

Join us for bagels, coffee and good parenting on three Saturday mornings. See inside for more information.



Educating parents. Enriching families.

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

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

For All Parents

Parenting in Perspective: Empowering Yourself and Others

For all parents

Prerequisite: More Tools for Parenting Preschoolers, PEP I or Thriving with Teens
Presenter: Linda Jessup, MPH, FNP; founder of PEP; co-author of *Parenting with Courage and Uncommon Sense*



- Tues, Jan 12 - Mar 1** | 7:30 - 9:30 pm | 8 weeks | #301
- Thurs, Jan 21 - Mar 10** | 10 am - 12 noon | 8 weeks | #302

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**

Positive Psychology: Building Optimism, Resilience & Fulfillment

For all parents

- Thurs, Jan 28 - Mar 10** | 10 am - 12 noon | 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 **\$210 person | \$189 member • Text: \$16.96 | \$15.26 member**

Managing Anger: A Parent's Guide

For all parents

- Tues, Feb 2 - 16** | 10 am - 12 noon | 3 weeks | #501
- Wed, Feb 3 - 17** | 10 am - 12 noon | **Great Falls** | 3 weeks | #502
- Wed, Mar 2 - 16** | 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**

Good Work! Raising Responsible, Contributing, Cooperative Kids

For parents of children age 2-18

Presenter: Linda Jessup, MPH, FNP; founder of PEP; co-author of *Parenting with Courage and Uncommon Sense*

- Sat, Mar 19** | 2 - 4 pm
\$35 person | \$31.50 member

Stop the Yelling, Start the Cooperation

For all parents

- Wed, Feb 24** | 7:30 - 9:30 pm
\$35 person | \$31.50 member

Young Children

Parenting Preschoolers

For parents of children age 2½-5



- Tues, Jan 12 - Mar 1** | 7 - 9 pm | 8 weeks | #411
- Tues, Jan 12 - Mar 1** | 7:30 - 9:30 pm | **Arlington** | 8 weeks | #412
- Tues, Jan 19 - Mar 8** | 9:45 - 11:45 am | 8 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: \$18.01 | \$16.21 member

Teaching Self-Regulation Through Emotion Coaching

For parents of children age 1½-7

- Tues, Feb 9** | 7:30 - 9:30 pm
\$35 person | \$31.50 member

Challenging Behaviors in Toddlers & Preschoolers

For parents of children age 1-5

- Tues, Mar 1** | 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, Jan 12 - Mar 8** | 9 - 11 am | skips 2/16 | **Vienna** | 8 weeks | #101
- Wed, Jan 13 - Mar 2** | 10 am - 12 noon | 8 weeks | #102
- Thurs, Jan 14 - Mar 3** | 7:30 - 9:30 pm | 8 weeks | #103

Do you wonder how to raise your children to be responsible, respectful and trustworthy—all while getting dinner on the table? Parenting, while it brings much joy, is hard work. This class will make it easier by giving you a sound framework for positive parenting and proven skills to correct whining, backtalk, defiance and the whole range of misbehavior. You'll 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

- Wed, Jan 13 - Mar 9** | 7:30 - 9:30 pm | **DC 2** | 9 weeks | #201
- Thurs, Jan 14 - Mar 10** | 10 am - 12 noon | 9 weeks | #202
- Thurs, Jan 14 - Mar 10** | 7:30 - 9:30 pm | 9 weeks | #203
- Fri, Jan 15 - Mar 11** | 10 am - 12 noon | **McLean** | 9 weeks | #204
- Sat, Jan 23 - Feb 6** | 9 am - 1 pm | 3 weeks | #205

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**

Making Homework a Habit: What Works and What Doesn't

For parents of children age 6-14

- Mon, Feb 1** | 7:30 - 9:30 pm
\$35 person | \$31.50 member

Consequences: Effective Discipline Without Punishment

For parents of children age 4-14

- Thurs, Feb 4** | 7 - 9 pm | **DC 1**
\$35 person | \$31.50 member

This Isn't a Hotel and I'm Not Your Maid: Getting Kids to Help Out

For parents of children age 5-14

- Thurs, Mar 3** | 7 - 9 pm | **DC 1**
\$35 person | \$31.50 member

PEPparent.org
for more info and
to register today!

For Families

Family Council Workshop

For all family members age 6 and up

Prerequisite: any PEP core class

- Sun, Mar 6** | 2 - 4:30 pm

Come with your children to learn how to conduct a regular meeting that results in feelings of encouragement, greater cooperation, shared responsibility and problems solved. **\$98 family | \$88.20 member family**

Childcare available.
See registration form for details.

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

Teens

Thriving with Teens

For parents of teens age 13-18



- Thurs, Jan 14 - Mar 17** | 7:30 - 9:30 pm | 10 weeks | #431
- Fri, Jan 15 - Mar 18** | 9:30 - 11:30 am | 10 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: \$18.02 | \$16.22 member**

Communicating with Teens and Talking About Sensitive Topics

For parents of teens age 13-18

- Wed, Feb 17 - Mar 2** | 7:30 - 9:30 pm | 3 weeks

Teens often seem to tune parents out and shut down. Your communication style greatly affects how much your teen hears on sensitive subjects, such as drug and alcohol use and sexual behavior. **\$98 person | \$88.20 member**

Getting Unstuck with Your Young Adult: (Re)Setting Expectations, Connecting & Opening Communication

For parents of young adults

Presenter: Michael Reiter, PhD

- Tues, Feb 2** | 7:30 - 9:30 pm
\$35 person | \$31.50 member

Becoming a Tech-Saavy Parent

For parents of tweens and teens age 10-18

- Mon, Feb 8** | 7:30 - 9:30 pm
\$35 person | \$31.50 member

Planning for Safe Teen Driving

For parents with or without their teens age 14 & up

- Mon, Mar 7** | 7:30 - 9:30 pm
\$35 adult | \$17.50 teen
\$31.50 adult member | \$15.75 teen member

Open Forum Counseling

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 | \$15 person | \$5 child (9 and up) | or \$30 family

Your Private Logic and the Challenge of Parenting Together

For all parents

Moderator: Barbara Fairfield, LCMFT, Adlerian therapist

- Fri, Feb 19** | 7:30 - 9:30 pm | followed by Q&A, 9:30 - 10 pm | #701

For adults only. Are you having trouble putting your learning from parenting classes or from books to good use, and instead falling back on old habits? Do you find that, while you and your partner agree in theory, when it comes to upholding that limit or redirecting that child you're at odds? It could be that your private logic is getting you stuck. Come to this fascinating evening, where you will see a demonstration of a couple working with an Adlerian therapist to understand the role of private logic and its effects on parenting.

Creating a More Hopeful Family

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

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

- Sat, Mar 5** | 6:30 - 8:30 pm | #702

Are there too many discouraging words and cloudy skies in your home? Would you like to work with your family to build more encouragement, optimism and good cheer? Join Emory Luce Baldwin and a volunteer family as they discuss how they can create a more hopeful family atmosphere.