

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).

Power Tools for Power Struggles

For parents of children age 5-18

Wed, Apr 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**

Check the PEP website (PEPparent.org) for dates.

Couples Corner



Growing More Intimate Through Communication

For all couples in a committed relationship

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

Learn to be clear and more honest with your mate, speak for yourself on difficult issues, and take care of your own anxiety when your partner gives information you don't want to hear about.

Sat, Apr 30 | 7 - 10 pm

\$85 couple | **\$76.50 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 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

Scholarships are available for class fees. Contact PEP office.

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



Spring 2016 Calendar

March	
Tues 15	Why Don't My Kids Listen to Me? - Va
April	
Sat 9	Why Don't My Kids Listen to Me? - Kensington
Mon 11	PEP core classes begin
Wed 13	Power Struggles - MCPS Parent Academy
Thurs 14 - May 5	Bounce-Back Skills & Resilience
Fri 15 - May 6	Teens: The Challenge Continues
Sat 16 - 30	Managing Anger: A Parent's Guide
Wed 27	Communicating with Teens
Thurs 28	Dads, Drafts & Discussion
Fri 29 - 30	Growing a Grownup: Intensive Parenting Workshop
Sat 30	Couples Communication Workshop
May	
Sun 1	OFC: "Who's in Charge Here?"
Wed 4 - 25	Managing Anger: A Parent's Guide
Thurs 5	Power Tools for Power Struggles
Thurs 5 - 19	Setting Limits & Boundaries
Tues 17	Eating, Sleeping & Toilet Training
Wed 18	Dealing with Sibling Conflict
Fri 20 - June 3	Managing Anger: A Parent's Guide
Sat 21	OFC: "Turn That Thing Off!"
Thurs 26	Raising "I Can" Kids
June	
Thurs 2	Getting Organized: Where Do We Start?

Course Locations

Courses are located in Kensington unless otherwise noted.

Kensington, MD 20895 - PEP

Parent Encouragement Program
10100 Connecticut Ave

Bethesda, MD 20814

Rock Bottom Restaurant & Brewery
7900 Norfolk Ave

North Arlington, VA 22205

St. Michael's Episcopal Church
1132 North Ivanhoe St

Washington, DC 20007

Temple Micah
2829 Wisconsin Ave, 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 **SPRING 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.

Tues, Mar 15 | 7 - 8:30 pm | **Arlington** | #801

Sat, Apr 9 | 3 - 4:30 pm | **Kensington** | #802

Intensive Parenting Workshop

Growing a Grownup

For all parents

Presenter: Vicki Hoefle, a parent educator, parent coach, national speaker and author, has developed a less-is-more approach designed to assist parents as they reconcile the fact that, although they are living with children, they are ultimately raising adults.

Parents who attend this workshop will learn how to implement tools for raising capable, cooperative, responsible, respectful and resilient young adults who thrive on the other side of the threshold, as well as tools for supporting kids as they learn to navigate daily life with less stress and more joy while they are living at home.

\$275 person | **\$247.50 member** • **\$400 couple** | **\$360 member couple**

Texts included: *Duct Tape Parenting* and *The Straight Talk on Parenting*, by Vicki Hoefle

Parents must be able to attend both Friday evening and all day Saturday.

Fri, Apr 29 | 6:30 - 9 pm AND **Sat, April 30** | 8 am - 3:30 pm

For Dads

Dads, Drafts & Discussion

For all fathers

Dads of all ages of kids are welcome to join this lively discussion of parenting traps and tricks as seen through the lens of the beloved comic strip "Calvin and Hobbes." Tips from PEP and your own ideas will be shared among dads in an evening of refreshments and discussion. The first beer is on us!

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

Thurs, Apr 28 | 7 - 9 pm | **Bethesda**



Educating parents. Enriching families.

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

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

EARLY BIRD DISCOUNT!



Register by April 4 for any core class and take **20% off.** Use code **EARLYBIRD16**

For All Parents

Managing Anger: A Parent's Guide

For all parents

Wed, May 4 - 25 | 7:30 - 9:30 pm | skips 5/18 | 3 weeks | #501

Fri, May 20 - June 3 | 10 am - 12 noon | 3 weeks | #502

Sat, Apr 16 - 30 | 10 am - 12 noon | 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

Bounce-Back Skills: Teaching Your Kids to Cope with Life's Inevitable Setbacks and Develop Resilience

For all parents

Thurs, Apr 14 - May 5 | 10 am - 12 noon | 4 weeks | 🧒

Why do some kids strive for excellence and work harder to overcome difficulties? Learn strategies to give your child or teen the crucial skills that lead to flexibility, resilience and optimism.

\$149 person | \$134.10 member

Young Children

Parenting Preschoolers

PEP Core Course

For parents of children age 2½-5

Tues, Mar 29 - May 17 | 7 - 9 pm | **Arlington** | 8 weeks | #411

Wed, Apr 13 - June 1 | 7:30 - 9:30 pm | 8 weeks | #412

Sat, May 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: \$18.01 | \$16.21 member

More Tools for Parenting Preschoolers

For parents of children age 2½-5 who have taken Parenting Preschoolers

Tues, Apr 12 - June 7 | 7 - 9 pm | skips 4/26 | 8 weeks | #421 🧒

Wed, Apr 13 - June 1 | 9:30 - 11:30 am | 8 weeks | #422 🧒

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

Eating, Sleeping & Toilet Training

For parents of children age 1-5

Tues, May 17 | 7:30 - 9:30 pm 🧒

\$35 person | \$31.50 member

Elementary-Middle Schoolers

PEP I: Parenting 5 to 12 Year Olds

PEP Core Course

For parents of children age 5-12

Mon, Apr 11 - June 6 | 7:30 - 9:30 pm | skips 5/30 | 8 weeks | #101

Tues, Apr 5 - May 24 | 7 - 9 pm | **Arlington** | 8 weeks | #102

Tues, Apr 12 - June 7 | 10 am - 12 noon | skips 4/26 | 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

PEP Core Course

For parents of children age 5-12

Prerequisite: More Tools for Parenting Preschoolers, PEP I or Thriving with Teens

Thurs, Apr 14 - June 9 | 10 am - 12 noon | 9 weeks | #201 🧒

Thurs, Apr 14 - June 9 | 7:30 - 9:30 pm | 9 weeks | #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.

\$259 person | \$233.10 member • Text \$16.96 | \$15.26 member

Setting Limits & Boundaries

For parents of children age 5-12

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

Thurs, May 5 - 19 | 7:30 - 9:30 pm | 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 member

Power Tools for Power Struggles

For parents of children age 5-14

Thurs, May 5 | 7 - 9 pm | **DC**

\$35 person | \$31.50 member

"But They're Hurting Each Other!" Dealing with Sibling Conflict

For parents of children age 4-12

Wed, May 18 | 7:30 - 9:30 pm

\$35 person | \$31.50 member

Raising "I Can" Kids

For parents of children age 5-14

Thurs, May 26 | 7:30 - 9:30 pm

\$35 person | \$31.50 member

Getting Organized: Where Do We Start?

For parents of children age 4-14

Thurs, June 2 | 7 - 9 pm | **DC**

\$35 person | \$31.50 member

PEP Core Course

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

🧒

Childcare available. See registration form for details.

Teens

Thriving with Teens

PEP Core Course

For parents of teens age 13-18

Tues, Apr 12 - June 7 | 10 am - 12 noon | skips 4/26 | 8 weeks | #431

Wed, Apr 13 - June 8 | 7:30 - 9:30 pm | 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: \$18.02 | \$16.22 member

Teens: The Challenge Continues

For parents of teens age 13-18

Prerequisite: Thriving with Teens

Fri, Apr 15 - May 6 | 9:30 - 11:30 am | 4 weeks

If you're still working on discipline, respect and communication, you're not alone. The 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.

\$149 person | \$134.10 member

Moving Beyond Grunts, Shrugs and "I Dunno's": Communicating with Teens

For parents of teens age 13-18

Wed, Apr 27 | 7:30 - 9:30 pm

\$35 person | \$31.50 member

PEPparent.org
for more info and
to register today!

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 or panel may be younger than 9.

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

"Who's in Charge Here?"

Moderator: Barbara Fairfield, LCMFT, Adlerian therapist

Sun, May 1 | 6:30 - 8:30 pm | followed by Q&A, 8:30 - 9 pm | #701 🧒

Who's the boss in your house? Does it sometimes seem that there are too many competitors for the throne? Do you struggle to convince your kids that you're in charge and they should know it? Learn how to foster greater cooperation and harmony in your home as moderator Barbara Fairfield works with a demonstration family on this issue.

"Turn That Thing Off!"

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

Sat, May 21 | 6:30 - 8:30 pm | #702 🧒

Do you and your child fight about screen time issues? How much time, what kind of media use, where to keep the devices and when to turn them off—how can families set reasonable limits, and how do they make those limits work? Watch a volunteer family work with moderator Emory Luce Baldwin to resolve these dilemmas.