

**FREE!**

**“Why Don’t My Kids Listen to Me?”**

*For parents who have never taken a PEP course*

- Saturday, Sept 17 at 3 pm in Kensington | #802
- Tuesday, Sept 20 at 7:30 pm in N. Arlington | #803
- Wednesday, Sept 21 at 7 pm in Great Falls | #804

**Enrich Your Marriage**

*For couples in a committed relationship*

- Saturday, Oct 8 at 7 pm in Kensington | #805

Visit **PEPparent.org**  
or call **301.929.8824**

*Preregistration is required!*



**Signature Core Classes**

Lauded by past participants as “transformational,” our signature core classes are the foundation for parenting success. Offered in multi-week formats, core classes offer a complete toolkit of proven, practical strategies addressing the most common parenting issues.

**PARENTS OF PRESCHOOLERS**

**Parenting Preschoolers** *(For parents of children age 2½-5)*

- Tues, Sept 27 - Nov 29 | 7:30 - 9:30 pm | skips 10/11 & 11/8 | #411
- Tues, Oct 4 - Nov 29 | 7 - 9 pm | skips 11/8 | **N. Arlington** | #412
- Wed, Sept 28 - Nov 30 | 9:30 - 11:30 am | skips 10/12 & 11/23 | #413
- Sat, Oct 15-Oct 29 | 9am - 2 pm | 3-day intensive program! | #414

Stop struggling and nurture a cooperative, happy relationship with your child. Understand your child’s personality and learn positive discipline tools to handle tantrums, defiance, aggression, sleep and other common challenges that can feel so overwhelming.

*\$259 person | \$233.10 member • Text: \$18.01 | \$16.21 member*

**PARENTS OF SCHOOL AGE CHILDREN**

**Parenting Essentials** *(For parents of children age 5-12)*

- Thurs, Nov 10 - Dec 8 | 7:30 - 9:30 pm | skips 11/24

Experience less stress and more confidence as a parent with this results-based four part class that emphasizes the key concepts and skills of positive parenting.

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

**PEP I: Parenting 5 to 12 Year Olds**

- Mon, Sept 26 - Dec 5 | 7:30 - 9:30 pm | skips 10/3 & 31, 11/7 | #101
- Tues, Oct 4 - Nov 29 | 7 - 9 pm | skips 11/8 | **N. Arlington** | #102
- Wed, Oct 5 - Nov 30 | 7 - 9 pm | skips 11/23 | **Great Falls** | #103
- Thurs, Sept 29 - Nov 17 | 10 am - noon | #104
- Sun, Oct 16 - Oct 30 | 3 - 8 pm | 3-day intensive program! | Location TBD | #106

**NEW! PEP I For Parents of Tweens**

- Thurs, Sept 29 - Nov 17 | 10 am - noon | #105

How do you raise your children to be responsible, respectful and trustworthy—all while getting dinner on the table? This class provides a sound framework for positive parenting and proven skills to correct whining, backtalk, defiance and whole range of misbehavior.

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

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

- Mon, Sept 19 - Dec 5 | 7:30 - 9:30 pm | skips 10/3, 31, & 11/7 | #201
- Tues, Sept 20 - Nov 22 | 10 am - noon | skips 11/8 | #202

*Prerequisite: More Tools for Parenting Preschoolers, PEP I or Thriving with Teens* 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 to include individual problem solving.

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

**PEP III: Parenting in Perspective, Empowering Yourself and Others**

- Thurs, Sep 22 - Nov 10 | 7:30 - 9:30 pm | #301

*Prerequisite: More Tools for Parenting Preschoolers, PEP I or Thriving with Teens* 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. *\$259 person | \$233.10 members*

**PARENTS OF TEENS**

**Thriving with Teens** *(For parents of teens age 13-18)*

- Tues, Sept 20 - Nov 29 | 7:30 - 9:30 pm | skips 11/8 | #431
- Wed, Sept 21 - Dec 7 | 7:30 - 9:30 pm | skips 10/12 & 11/23 | DC | #432
- Fri, Sept 23 - Dec 2 | 9:30 - 11:30 am | skips 11/25 | #433

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*

# Workshops & Seminars

Our workshops and seminars target those issues that matter most to parents. These classes offer effective strategies that can stand alone or supplement PEP's signature core classes.

## PARENTS OF TODDLERS & PRESCHOOLERS

### Power Struggles & Tantrums: Getting to Calm

Thurs, Oct 6 | 7:30 - 9:30 pm

If you've ever felt that you wanted to *make* your child do something, and they've pushed back, you've experienced a power struggle. Learn to encourage your child's need to assert independence while maintaining calm. **\$35 | \$31.50 member**

### Putting an End to Whining

Mon, Oct 17 | 7:30 - 9:30 pm

We beg them to stop, yet they keep whining! Learn how to respond and quiet the complaining before it escalates to tears and tantrums. **\$35 | \$31.50 member**

## FOR PARENTS OF 5-12 YEAR OLDS

### No More Morning Mayhem!

Fri, Oct 7 | 10 am - noon

Morning mayhem is a hot spot in many families. How do you motivate them to move without nagging, yelling or bribing? Learn how! **\$35 | \$31.50 member**

### Helping Kids Take Responsibility for School Stuff

Thurs, Oct 20 | 7:30 - 9:30 pm

If you've said, "This is the year we will get organized!" then this class is for you. Learn to motivate your kids to plan ahead, keep track of *their work*, stay on top of assignments *and* get them turned in. **\$35 | \$31.50 member**

### Setting Effective Limits

Tues, Oct 18 - Nov 1 | 7:30 - 9:30 pm | #504

Thurs, Oct 20 - Nov 3 | 10 am - noon | #505

Kids can be skilled negotiators, willing to debate rules and limits. Learn to set limits while balancing freedom and control. **\$98 | \$88.20 member**

### Creating a Homework Habit

Fri, Dec 2 | 10 am - noon

It's difficult to tell who dreads homework more—parents or kids. In fact homework is a part of life for both. Explore ways to make homework a routine and how to decrease the stress and arguments surrounding it. **\$35 | \$31.50 member**

## FOR PARENTS OF TEENS AND TWEENS

### Planning for Safe Teen Driving

Wed, Oct 19 | 7:30 - 9:30 pm

Learn about common problems for young drivers and strategies to safely get through this stage. The class is for parents; their teens (14 and up) may also attend.

**\$35/adult, \$17.50/teen | PEP members: \$31.50/adult, \$15.75/teen**

### Raising Rapunzel: Guiding Teen Girls Through the 7 Transitions Into Adulthood

Tues, Dec 13 | 7:30 - 9:30 pm

Body image, sexuality and stress are just a few of the issues. Learn about the developmental stages of teen girls and how to weather the emotional and behavioral storms. **\$35 | \$31.50 member**

## FOR ALL PARENTS

### Positive Psychology

Tues, Sept 27 - Nov 15 | 10 am - noon | skips 11/8 | 7 weeks

Can we learn to be happier and create our own lasting state of optimism? Scientific research has answered this with a resounding "Yes". Learn how you can build a positive focus in life with intention and purpose. Based on the Authentic Happiness program developed by Martin Seligman. **\$225 | \$202.50 members • Text \$16.96 | \$15.26 member**

### Adlerian Theory

Wed, Oct 19, Nov 2 & Nov 16 | 10 am - noon | 3 weeks

In an interactive setting, this seminar explores the theory, principles and themes that underlie PEP's approach to family life. **\$98 | \$88.20 members • Text \$20.13 | \$18.19 member**

### Managing Anger: A Parent's Guide

Tues, Nov 29 - Dec 13 | 10 am - noon | 3 weeks | #501

Wed, Nov 16 - Dec 7 | 7:30 - 9:30 pm | skips 11/23 | 3 weeks | #502

Fri, Oct 21 - Nov 4 | 10 am - noon | 3 weeks | **McLean** | #503

Not surprisingly, *this is one of our most popular classes!* Everyone experiences anger. Being a parent can trigger some intense feelings. Learn to change your thoughts, words and actions for more positive outcomes and learn ways to help kids handle anger, too. **\$98.00 | \$88.20 member**

### Managing Anger: A Guide for Dads

Wed, Oct 19 | 7 - 9 pm | **Bethesda**

Your connections to the people in your life will grow as you learn why angry moments happen and how you can be more effective in managing them. **\$35 | \$31.50 member**

### Motivating Children to Do Their Best

Thurs, Dec 1 | 7:30 - 9:30 pm

Sometimes it feels like we care more about school and success than our kids do. What are the most effective ways to motivate children to work hard and strive for success? **\$35 | \$31.50 member**

## FOR FAMILIES

### Family Council Workshop

Sun, Nov 13 | 1 - 3:30 pm

Come with your children to learn how to conduct a regular meeting that results in feeling encouraged, greater cooperation, shared responsibility and problems solved. Prerequisite: Any PEP core class.

For all family members ages 6 and up. **\$98.00 | \$88.20 member**

### "Can Do Kids" – Let's Make Lunch!

Sat, Sept 24 | 11 am - 1 pm *Designed for parents and children age 4-9 to attend together.* Parents learn how to teach new skills in an encouraging manner and children learn how to make a healthy lunch.

**\$35/child, \$17.50/parent | PEP members: \$31.50/child, \$15.75/parent**

### 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.

"Why Can't You Kids Get Along?" | Sat, Oct 22 | 6:30 - 8:30 pm

"Turn that Thing Off!" | Sun, Dec 4 | 6:30 - 8:30 pm

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



## Alyson Schafer

### The Joys and Fears of the Teen Years

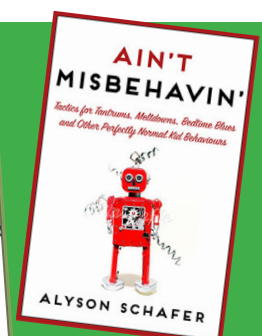
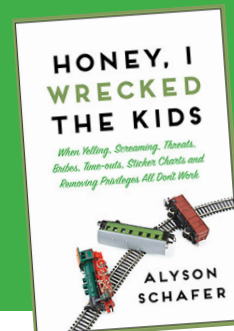
Thursday, Nov 17 | 7:30 - 9 pm

### Moving From Conflict to Cooperation

Friday, Nov 18 | 9:30 - 11 am

REGISTER NOW!

Tickets available online at [PEPparent.org](http://PEPparent.org) or call 301.929.8824



## Course Locations *Courses are held at PEP in Kensington unless otherwise noted*

### Kensington, MD

Parent Encouragement Program  
10100 Connecticut Ave

### Great Falls, VA

Christ the King Lutheran Church  
10550 Georgetown Pike

### McLean, VA

Montessori School of McLean  
1711 Kirby Rd

### North Arlington, VA

St. Michael's Episcopal Church  
1132 North Ivanhoe St

### Bethesda, MD

Rock Bottom Brewery  
7900 Norfolk Ave

### Washington, DC

Lowell School  
1640 Kalmia Rd, NW

## Co-Sponsored by PEP

### Better Marriages Regional Conference

Friday evening, Nov 18 & Saturday, Nov 19

For information or to register visit [bettermarriagesDC.org](http://bettermarriagesDC.org)

### MCPS Parent Academy Talk

#### Raising "I Can" Kids

Monday, Oct 17 | 7 - 8:30 pm | Free

Robert Frost Middle School