



FREE!

“Why Don’t My Kids Listen to Me?”

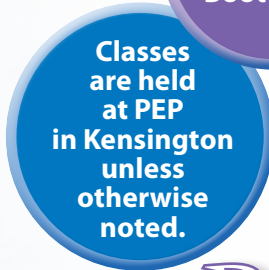
For parents who have never taken a PEP course

- **Saturday, Jan 7** at 3 pm in Kensington | #801
- **Thursday, Jan 12** at 7:30 pm in Annandale | #802
- **Saturday, Jan 7** at 2 pm in McLean | #803

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

Preregistration is required!

Get PEP



Because Parenting Matters

FOR COUPLES

Couples Enrichment Mini-Retreat *for all couples in a committed, intimate relationship*

Fri, Mar 24, 7–10 pm and Sat, Mar 25, 9 am–4:30 pm

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

\$150 couple | \$135 member couple

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

Kensington, MD 20895
Parent Encouragement Program
10100 Connecticut Ave

Kensington 2, MD 20895
Christ Church Parish
4001 Franklin St

Bethesda, MD 20814
Rock Bottom Brewery
7900 Norfolk Ave

Wheaton, MD 20902
Hughes United Methodist Church
10700 Georgia Ave

Annandale, VA 22003
Oakwood School
7210 Braddock Rd

Great Falls, VA 22066
Christ the King Lutheran Church
10550 Georgetown Pike

McLean, VA 22101
Montessori School of McLean
1711 Kirby Rd

Washington 1, DC 20012
Lowell School
1640 Kalmia Rd, NW

Washington 2, DC 20007
Temple Micah
2829 Wisconsin Ave, NW

Co-Sponsored by PEP

Finding Balance with Kids in a Tech Savvy World

For parents of children ages 5-12

Thurs, Mar 2 | 7–9 pm | \$35 person
Suburban Hospital Auditorium
8600 Old Georgetown Rd., Bethesda



SUBURBAN HOSPITAL
JOHNS HOPKINS MEDICINE

**MCPS Parent Academy Talk
Power Tools for Power Struggles**

Wednesday, Mar 8 | 7–8:30 pm | Free
Parkland Middle School, Rockville

PEP Classes

Participants call our classes “transformational.” They are the foundation for parenting success and offer a complete toolkit of proven, practical strategies addressing the most common and pressing parenting issues.

Register Today!

IF YOUR CHILD IS BETWEEN 2½ AND 5

Parenting Preschoolers

Tues, Jan 17 - Mar 7 | 7–9 pm | #411
Wed, Jan 18 - Mar 8 | 9:30–11:30 am | #412
Sat, Feb 25 - Mar 11 | 9 am–2 pm | #413

Struggling? 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

IF YOUR TEEN IS BETWEEN 13 AND 18

Thriving with Teens

Wed, Jan 18 - Mar 22 | 7:30–9:30 pm | #431
Fri, Feb 3 - Mar 24 | 9:30–11:30 am | #423 (note classes on Mar 17 and Mar 24 will meet from 9:30 am–12:30 pm)

Learn proven, positive strategies to parent teenagers effectively against the backdrop of their peers, the media, the internet and their own adolescent development. Communicate with your teen on topics from school to sex; use consequences & positive discipline to guide your teen’s growing independence.

\$259 person | \$233.10 member • Text: \$18.02 | \$16.22 member

IF YOUR CHILD IS BETWEEN 5 AND 12

PEP I: Parenting 5 to 12 Year-Olds

Tues, Jan 24 - Mar 14 | 7–9 pm | **McLean** | #101
Wed, Jan 18 - Mar 8 | 7:30–9:30 pm | **DC 1** | #102
Thurs, Jan 26 - Mar 16 | 10 am–noon | #103
Thurs, Feb 2 - Mar 23 | 7:30–9:30 pm | #104
Thurs, Jan 26 - Mar 16 | 7–9 pm | **Annandale** | #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 other misbehavior.

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

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

Mon, Jan 9 - Mar 20 | 7:30–9:30 pm | #201 (skips 1/16 & 2/20)
Thurs, Jan 19 - Mar 16 | 10 am–noon | #202
Wed, Jan 18 - Mar 15 | 7–9 pm | **Great Falls** | #203
Sun, Feb 12, 26 & Mar 5 | 2–7 pm | intensive class | **Kensington 2** | #204 (skips 2/19)

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

NEW! PEP I Parenting Bootcamp

Fri, Feb 3, 6:30–9:30 pm and Sat, Feb 4, 8:30 am–4:30 pm
2-day intensive program | #106

If you’ve always wanted to take PEP I but don’t have eight weeks to devote to it, this is the class for you.

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

PEP III: Empowering Yourself and Others

Tues, Jan 17 - Mar 7 | 10 am–noon | #301
Thurs, Feb 2 - Mar 23 | 7:30–9:30 pm | **Wheaton** | #302

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

Parenting Essentials for Dads

Wed, Jan 25 - Feb 15 | 7–9 pm | **Bethesda** | #120

Experience less stress and more confidence with this results-based, four-part class emphasizing the key concepts and skills of positive parenting.

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

FOR ALL PARENTS

Positive Psychology

Tues, Jan 24 - Mar 7 | 7:30–9:30 pm

We can become happier and create our own lasting state of optimism. Learn how you can build a positive focus in life with intention and purpose.

\$225 person | \$202.50 member • Text \$16.96 | \$15.26 member

Adlerian Theory: Understanding Self and Others

Sat, Feb 25 | 9:30 am–4:30 pm | 1-day intensive

In an interactive setting, this intensive seminar explores the theory, principles and themes that underlie PEP’s approach to family life.

\$120 person | \$108 member • Text \$20.13 | \$18.19 member

Managing Anger: A Parent’s Guide

Thur, Mar 9 - 23 | 7:30–9:30 pm | #501

Thur Mar 2 - 16 | 7–9 pm | **DC 2** | #502

Fri, Feb 24 - Mar 10 | 10 am–noon | #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 person | \$88.20 member

2-Day Intensive Parenting Workshop How to Grow a Grown-Up



Vicki Hoefle, parent educator, parent coach, national speaker and author of *Duct Tape Parenting* and *The Straight Talk on Parenting* returns to PEP with this sellout workshop.

Fri, March 31, 6–9 pm and
Sat, April 1, 8 am–3:30 pm

Please plan to attend both days

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

For a complete listing of winter workshops visit PEPparent.org or call 301.929.8824