



Spring Schedule

Additional programs added throughout the session.
Visit the website and join our mailing list for the most up-to-date information — PEPparent.org

FREE INTRODUCTION TO PEP!

Why Don't My Kids Listen to Me?

Saturday, April 1 at 3:00–4:30pm in Kensington #801
Wednesday, April 19 at 7:00–8:30pm in Bethesda #802 - for dads
Tuesday, May 23 at 7:00–8:30pm in Bethesda #803 - for dads

Registration for spring classes is now open!
Visit PEPparent.org or call **301.929.8824**



Join us for online classes at PEPparent.org/online

Monthly on Wednesday evenings from 9:00-10:00pm beginning in May!

Online classes are \$25 per class.

Course Locations

Kensington, MD 20895
Parent Encouragement Program
10100 Connecticut Ave.

Bethesda, MD 20814
Bangkok Garden
4906 St. Elmo Ave.

Annandale, VA 22003
Oakwood School
7210 Braddock Rd.

McLean, VA 22101
Montessori School of McLean
1711 Kirby Rd.

Washington, DC (DC1)
Location to be announced

Washington, DC 20007 (DC2)
Temple Micah
2829 Wisconsin Ave., NW

Thank you to



for their
continuing support!



Power Tools for Power Struggles — For Dads!

For fathers of children 5-18 years old
As fathers, we want to give the best to our children. Yet, there are so many competing demands for our most precious commodity: time. This workshop is designed for the father, stepfather, guardian, or grandfather who wants to make the most of his time with his children.

Wed, May 3–May 10 | 7:30–9:30pm | 2 weeks | Kensington
\$67 | \$60.30 members

FOR COUPLES

Journey to Intimacy

For all couples in a committed relationship
Learn to talk with and encourage your partner in exploring the development of your close connection and passion.

Sat, May 13 | 9:00am–4:00pm | Kensington
\$170 per couple | \$153 per member couple

WORKSHOPS FOR COMMON ISSUES

No More Morning Mayhem!

For parents of children 4-12 years old
Tues, April 4 | 7:30–9:30pm | DC2 | \$35 | \$31.50 members

Tackle Anxiety: Turn Quick to Cry Into Ready to Try

For parents of children 3-12 years old
Thurs, May 11 | 7:30–9:30pm | Kensington | \$35 | \$31.50 members

Power Tools for Power Struggles

For parents of children 5-12 years old
Thurs, May 18 | 7:00–9:00 pm | DC2 | \$35 | \$31.50 members

Family Council: Harness the Power!

For all family members aged 6 and up
Sat, June 3 | 9:30am–12:00pm | Kensington
\$98 per family | \$88.20 member family

PEP: Because Parenting Matters

PEP classes and workshops are transformational. Tailored for the age of your child(ren), PEP classes serve as a foundation for parenting success. PEP offers a complete toolkit of proven and practical strategies for addressing the parenting issues you face. You are not alone. Register today and don't just survive parenthood—thrive!

IF YOUR CHILD IS BETWEEN 2½ AND 5

Parenting Preschoolers

Struggling? Nurture a cooperative, happy relationship with your child. Understand your child's personality and learn positive discipline tools to handle common challenges that can feel overwhelming.

Thurs, April 20–June 8 | 7:30–9:30pm | 8 weeks | Kensington | #411
Intensive! Sat, April 29, May 6, and May 20 | 9:00am–2:00pm | 3 weeks | skips May 13 | Kensington | #412
\$259 | \$233.10 member • Text: \$18.01 | \$16.21 member

More Tools for Parenting Preschoolers

Still working on being patient, avoiding power struggles, and taming tantrums? You are not alone! Use limits and consequences to change unwanted behaviors into helpful cooperation.

Wed, April 19–May 10 | 9:30–11:30am | 4 weeks | Kensington | #422
Tues, April 25–May 16 | 7:30–9:30pm | 4 weeks | Kensington | #421
\$149 | \$134.10 member • Text: \$16.96 | \$15.26 member

Power Struggles and Tantrums

Tues, May 9 | 7:30–9:30pm | Kensington | \$35 | \$31.50 members

IF YOUR TEEN IS BETWEEN 13 AND 18

Thriving with Teens

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 hard topics and build a relationship based on mutual respect, cooperation, and responsibility.

Thurs, April 20–June 8 | 10:00am–12:00pm | 8 weeks | Kensington | #431
Wed, April 19–June 7 | 7:00–9:00pm | 8 weeks | Kensington | #432
\$259 | \$233.10 member • Text: \$18.02 | \$16.22 member

Teens: The Challenge Continues

If you've taken *Thriving With Teens* and want to hone your skills to help foster discipline, respect, and communication, this interactive class is your next stop. This forum is designed to allow for discussion and continued support with mistaken goals, problem ownership, responsibility, and independence.

Fri, April 21–May 12 | 9:30–11:30am | 4 weeks | Kensington
\$149 | \$134.10 member

IF YOUR CHILD IS BETWEEN 5 AND 12

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

Develop a sound framework for positive parenting and proven skills to correct whining, backtalk, defiance, and other misbehaviors.

Tues, April 18–June 6 | 10:00am–12:00pm | 8 weeks | Kensington | #101
Tues, April 25–June 13 | 7:00–9:00pm | 8 weeks | Kensington | #102
\$259 | \$233.10 member • Text: \$16.96 | \$15.26 member

NEW! PEP I Parenting Bootcamp

If you've always wanted to take PEP I but don't have eight weeks to devote to it, this two-day intensive class is for you.

Fri, May 19, 6:30–9:30 pm and Sat, May 20, 8:30 am–4:30 pm | Kensington
\$259 person | \$233.10 member • Text: \$16.96 | \$15.26 member

Parenting Essentials

Reduce stress and develop more confidence with this results-based class emphasizing the key concepts and skills of positive parenting.

Mon, May 1–22 | 7:30–9:30pm | 4 weeks | Kensington | #120
\$259 | \$233.10 member • Text: \$16.96 | \$15.26 member

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

Prerequisite: More Tools for Parenting Preschoolers, PEP I, or Thriving with Teens
PEP II is an interactive class focusing on problem-solving and providing guided practice for ending power struggles, talking so your children really listen, and using consequences effectively.

Thurs, April 20–June 15 | 10:00am–12:00pm | 9 weeks | Kensington | #201
Thurs, April 20–June 15 | 7:30–9:30pm | 9 weeks | Kensington | #202
Tues, April 18–June 13 | 7:00–9:00pm | 9 weeks | McLean | #203
\$259 | \$233.10 member • Text \$16.96 | \$15.26 member

Effective Limits and Boundaries

How do you stay kind and firm when your children argue and test you? Learn a process for determining the right balance of freedom and responsibility for your child.

Thurs, June 1 | 7:00–9:00pm | DC2 | \$35 | \$31.50 members

Setting Limits with Extra-Challenging Children

If your child is oppositional, distractible, inattentive, or has sensory or learning issues, this workshop will help you guide your child to demonstrate more appropriate behaviors.

Tues, May 23 | 7:30–9:30pm | Kensington | \$35 | \$31.50 members

FOR ALL PARENTS

Managing Anger: A Parent's Guide

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

Thurs, April 20–May 11 | 7:00–9:00 pm | skips May 4 | Annandale | #501
Tues, May 16–30 | 7:30–9:30 pm | Kensington | #502
Fri, May 19–June 2 | 10:00am–12:00pm | Kensington | #503
\$98.00 | \$88.20 member | 3 weeks

Positive Psychology: Toward Greater Happiness

Can we be happier? Learn to develop an optimistic frame of mind and lead an intentional life based on personal strengths. Based on *Authentic Happiness* by Martin Seligman.

Fri, April 21–June 2 | 10:00am–12:00pm | 7 weeks | Kensington
\$225 | \$202.50 member • Text \$18.02 | \$16.22 member

"I Have Confidence in You" — Raising Resilient Kids

Failures can seem like the end of the world to our children. Actually, they are a sign of learning. Help your child develop the strength and willingness to take on healthy challenges and to move forward after setbacks.

Mon, April 24–May 15 | 7:30–9:30 pm | 4 weeks | Kensington
\$149 | \$134.10 member

Backtalk and Bad Attitudes

Sarcasm, eye-rolling, profanity; learn to respond in ways that build respect and strengthen your relationship with your child.

Tues, April 25–May 2 | 7:30–9:30 pm | 2 weeks | Kensington
\$67 | \$58.50 member

Adlerian Theory: Understanding Yourself & Others

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

Sat, June 3 | 9:00am–4:00pm | 1-day intensive | Kensington
\$198 | \$188.20 member • Text \$20.13 | \$18.19 member

Visit PEPparent.org for the latest workshops and join our mailing list for updates!