

## FREE INTRODUCTION TO PEP!

Mark Your  
Calendar

### Why Don't My Kids Listen to Me?

Saturday, January 6 at 3–4:30pm in Kensington #801  
Saturday, January 6 at 11am–12:30pm in Great Falls 1, VA #802  
Saturday, January 6 at 10:30am–12pm in Clarendon VA #803  
Saturday, January 11 at 7–8:30pm in Washington, DC4 #804

### Power Tools for Power Struggles

Wednesday, February 7 at 7–8:30pm, location TBA

To register: **PEPparent.org** or **301.929.8824**



Winter 2018

Start the New Year right...

...and  
reclaim your  
family life!

## In-Person Course Locations

- PEP Office, **Kensington, MD**
- **Bender Jewish Community Center, Rockville, MD**
- The Grilled Oyster Company, **Potomac, MD**
- Clarendon United Methodist Church, **Arlington, VA**
- Great Falls Library, **Great Falls, VA (Great Falls 1)**
- Starbucks-Great Falls Center, **Great Falls, VA (Great Falls 2)**
- Capitol Hill Presbyterian Church, **Washington, DC (DC1)**
- Lowell School, **Washington, DC (DC2)**
- Los Cuates Restaurant, **Washington, DC (DC3)**
- Temple Micah, **Washington, DC (DC4)**

## ONLINE CLASSES!

*Can't attend live? We'll record it and you can watch when it's convenient for you!*

*All online workshops: \$25 | \$22.50 member*

### Stop the Yelling, Start the Cooperation

Wed, Dec 14 | 9–10pm ET

### Why Don't My Kids Listen to Me?

Wed, Jan 10 | 9–10pm ET

More online classes available, and more being scheduled for this Winter! Check our website [PEPparent.org/online](http://PEPparent.org/online) for upcoming workshops and our online library at <https://PEPparent.teachable.com/>

NEW! Join us for  
Online Classes!

[PEPparent.org/online](http://PEPparent.org/online)

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## IN-PERSON WORKSHOPS

### Dealing with Sibling Conflict (2 WEEKS)

*For parents of kids aged 4-12*

Tues, Feb 6 & 13 | 7:30–9:30pm | Kensington | \$66 | \$59.40 member

### Helping Anxious Kids

*For parents of kids aged 9 and up*

Thurs, Mar 22 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

### Getting Your Kids to Help Out

*For parents of kids aged 5-18*

Fri, Feb 2 | 10am–12pm | Kensington | \$35 | \$31.50 member

*“With so much going on at work, in the country, and in the world—it was a real relief for my home life to be much more peaceful, using what I learned in PEP’s classes.” – PEP Parent*

## IF YOUR CHILD IS BETWEEN 2½ AND 5

### Parenting Preschoolers

Struggling? This is the definitive class to help you nurture a cooperative, happy relationship with your child. Understand your child’s temperament and how to positively handle common challenges. **Choose from three class formats.**

\$279 | \$251.10 member • Text: \$18.01 | \$16.21 member

#### WEEKLY CLASSES (8 WEEKS)

Wed, Jan 17–Mar 14 (skips 2/14) | 9:45–11:45am | Kensington | #411

Wed, Jan 17–Mar 7 | 7:30–9:30pm | DC2 | #412

Thurs, Jan 18–Mar 8 | 7:30–9:30pm | Kensington | #413

#### INTENSIVE CLASS (3 SATURDAYS)

Sat, Mar 3–17 | 9am–2pm | Kensington | #415

#### WEEKEND BOOTCAMP

Sat, Feb 3, 6:30–9:30pm & Sun, Feb 4, 8:30am–4:30pm | Rockville | #414

## More Tools for Parenting Preschoolers

*Prerequisite: Parenting Preschoolers*

Want to be more patient, avoid power struggles, and tame tantrums? Use encouragement and set limits to change fighting and hurtful behaviors into helpful cooperation.

\$159 | \$143.10 member • Text \$16.96 | \$15.26 member

Two Saturdays: Jan 6 & 13 | 9am–3pm | Kensington | #421

Four Tuesdays: Feb 20–Mar 13 | 7:30–9:30pm | Kensington | #422

## Challenging Behaviors in Toddlers & Preschoolers

Tues, Feb 20 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

## Make It Stop: No More Whining!

Tues, Feb 27 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

## Power Struggles and Tantrums

Tues, Mar 13 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

## IF YOUR CHILD IS BETWEEN 5 AND 12

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

PEP’s signature course provides a sound framework for positive parenting. Gain skills to correct whining, backtalk, defiance, and other misbehaviors. **Choose from two class formats.**

\$279 | \$251.10 member • Text: \$16.96 | \$15.26 member

#### WEEKLY CLASSES (8 WEEKS)

Tues, Jan 23–Mar 13 | 10am–12pm | Kensington | #101

Tues, Jan 23–Mar 13 | 11am–1pm | Great Falls 2 | #102

Wed, Jan 17–Mar 14 (skips 3/7) | 7:30–9:30pm | Kensington | #103

#### WEEKEND BOOTCAMPS

Fri, Jan 19, 6:30–9:30pm & Sat, Jan 20, 8:30am–4:30pm | DC1 | #104

Fri, Jan 19, 6:30–9:30pm & Sat, Jan 20, 8:30am–4:30pm | Arlington | #105

Fri, Feb 2, 6:30–9:30pm & Sat, Feb 3, 8:30am–4:30pm | Kensington | #106

### Setting Limits Successfully When Under Pressure (3 WEEKS)

*For parents of kids aged 4-12*

Mon, Feb 26–Mar 12 | 7–9pm | Kensington | \$98 | \$88.20 member

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

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

This 9-week interactive class, with an emphasis on problem-solving, provides guided practice for ending power struggles and redirecting misbehavior.

\$279 | \$251.10 member • Text \$16.96 | \$15.26 member

Thurs, Jan 11–Mar 8 | 10am–12pm | Kensington | #201

Thurs, Jan 11–Mar 8 | 7:30–9:30pm | Kensington | #202

Fri, Jan 12–Mar 16 (skips 1/26) | 11am–1pm | Great Falls 2 | #203

### PEP II Plus (4 WEEKS)

*Prerequisite: PEP II*

Practice makes progress! Encourage yourself and others as you grow more confident in effective problem-solving, responding to mistaken goals, and much more.

Tues, Jan 9–30 | 7:30–9:30pm | Kensington | \$149 | \$134.10 member

### How to Help With Homework

Fri, Feb 9 | 10am–12pm | Kensington | \$35 | \$31.50 member

### Helping Children With Emotional Self-Regulation

Tues, Mar 6 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

## IF YOUR CHILD IS BETWEEN 13 AND 18

### Thriving with Teens

Gain proven, positive strategies to parent teenagers effectively, and learn communication approaches to build a relationship based on mutual respect, cooperation, and responsibility.

\$279 | \$251.10 member • Text: \$18.01 | \$16.21 member

Wed, Jan 10–Mar 14 | 7:30–9:30pm | Kensington | #431

Fri, Jan 12–Mar 23 (skips 1/26) | 9:30–11:30am | Kensington | #432

### Talking With Your Teen About Sensitive Subjects (3 WEEKS)

Wed, Feb 7–21 | 7–9pm | Kensington | \$98 | \$88.20 member

### Planning for Safe Teen Driving

Wed, Mar 14 | 7–9pm | Kensington | \$35 per adult | \$17.50 per teen | \$31.50/\$15.75 member/teen member

### Breaking Down Barriers with Your Teen

Mon, Feb 5 | 7:30–9:30pm | Kensington | \$35 | \$31.50 member

### For Dads: Dads Bring Their Own Topics & Share Advice

Wed, Jan 24 | 7–9pm | Potomac | #601 | *See website for pricing info*

Wed, Feb 28 | 7–9pm | DC3 | #609 | *See website for pricing info*

### For Couples: Marriage Enrichment Mini-Retreat

Fri, Mar 16, 7–10pm & Sat Mar 17, 9am–4:30 pm | Kensington | *See website*

### For Grandparents: “Great” Grandparenting

## FOR ALL PARENTS

### PEP III: Empowering Yourself and Others (8 WEEKS)

*Prerequisites: PEP I, Thriving With Teens, or More Tools for Parenting Preschoolers*

Learn how to apply the concepts you’ve learned in your parenting class to your whole life. Gain insight into yourself, your values, and your relationships.

\$279 | \$251.10 member

Tues, Jan 16–Mar 6 | 7–9pm | Kensington | #301

Thurs, Jan 18–Mar 8 | 10am–12pm | Kensington | #302

### Anger Management

Sat, Jan 13 | 9:30am–4:30pm | Kensington | #502 (1 session)

Tues, Jan 30–Feb 13 | 7:30–9:30pm | Kensington | #503 (3 sessions)

Fri, Mar 2–16 | 10am–12pm | Kensington | #504 (3 sessions)

\$98 | \$88.20 member

### Positive Psychology (7 WEEKS)

Thurs, Jan 18–Mar 8 (skips 2/15) | 10am–12pm | Kensington |

\$225 | \$202.50 member

### What If Everything You Know About Discipline Is Wrong?

To register for any class or workshop, go to [PEPparent.org](http://PEPparent.org) or call 301.929.8824

## PROGRAMS FOR COUPLES, DADS, FAMILIES

### For Families

*These programs are for adults and kids—bring your whole family! See website for pricing information.*

### Let’s Make Lunch!

*For kids aged 4-9 with a parent*

Sat, Feb 10 | 11am–1pm | Kensington

### Sunday Night Live! Kids Panel of Experts

*For families with kids aged 9 or older*

Sun, Feb 11 | 6:30–8pm | Kensington

### Stop the Arguing, Start the Respect

**Open Forum Counseling**—for families with kids aged 9 or older

Fri, Mar 9 | 7:30–9:30pm | Kensington