

### Register Early and Save!

Discount of 20% for individuals and 10% for couples on all in-person classes.

Available through Tuesday, September 24, 2019.  
Use discount codes indicated for each class.

**[www.PEPparent.org](http://www.PEPparent.org)**

Get  
PEP

because  
kids don't  
come with  
instructions

Fall  
2019

### NEWS FROM PEP

Over the past 6 months, PEP has reached out to a variety of stakeholders to learn how we can more effectively reach, and meet the needs of, today's parents. We have talked with schools, community and business partners, and parents, as well as PEP parent educators and volunteers. We are excited to build on our 38-year tradition of providing transformative parenting education directly to parents with a new line of services tailored especially to organizations – schools, employers, nonprofits, and others!

If you are a parent, this brochure lists a partial schedule of PEP's award-winning programs for fall 2019. Both in-person and online programs are offered. Check out our website at [PEPparent.org](http://PEPparent.org) for continuing updates.

If you are part of an organization that engages parents, we are offering a new line of services especially for you. We already have a successful track-record of providing one-time talks to community groups – now we are going a step further to bring our complete parenting program (both online and in-person) to institutions and the parents they serve. It's part of our continuing effort to meet parents where they are!

If you are part of a school, company, or organization with parents who could benefit from PEP's impactful parenting programs, give us a call at 301.929.8824 or email us at [office@PEPparent.org](mailto:office@PEPparent.org).

# PEP IN-PERSON COURSES

## 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, such as eating and sleeping issues and temper tantrums. Text: \$10.80 - available at first class. \$279 person • \$498 couple • early registration code: EARLYPRESCHOOL

#### WEEKLY CLASSES (8 WEEKS)

Tues, Oct 15–Dec 3 | 7:30–9:30pm | Kensington

## 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 and proven skills to understand and solve behavior problems. Cultivate a close relationship while also motivating your children to be more cooperative, self-disciplined, and successful. Link to purchase the textbook available at registration. \$279 person • \$498 couple • early registration code: EARLYPEPONE

#### WEEKLY CLASSES (8 WEEKS)

Fri, Sept 27–Nov 15 | 11am–1pm | Great Falls, VA  
Mon, Oct 21–Dec 16 | skip 11/11 | 7:30–9:30pm | Kensington

## 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. Link to purchase the textbook available at registration. \$279 person • \$498 couple • early registration code: EARLYTEEN

#### WEEKLY CLASSES (10 WEEKS)

Wed, Oct 2–Dec 18 | skip 10/9 & 11/27 | 7:30–9:30pm | Kensington  
Fri, Oct 4–Dec 13 | skip 11/29 | 9:30–11:30am | Kensington

## FREE WORKSHOP

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

Sat, Sept 21 | 3–4:30pm | Kensington

Registration required

## FOR ALL PARENTS

### PEP III: Parenting in Perspective

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

Apply the concepts you've learned in your PEP parenting classes to your whole life. You will gain insight into yourself, your values, and your relationships—with the adults in your life as well as with your children.

\$279 person • \$498 couple • early registration code: EARLYPEPTHREE

#### WEEKLY CLASSES (8 WEEKS)

Thurs, Sept 19–Nov 7 | 7:30–9:30pm | Kensington

### Managing Anger: A Parent's Guide

Examine the real reasons parents get angry (some may surprise you) 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 • \$175 couple • early registration code: EARLYANGER

#### WEEKLY CLASSES (3 WEEKS)

Thurs, Nov 14–Dec 5 | skip 11/28 | 7:30–9:30pm | Kensington

## IN-PERSON CLASS LOCATIONS

#### PEP OFFICE

Parent Encouragement Program  
10100 Connecticut Ave  
Kensington, MD 20895

#### STARBUCKS - GREAT FALLS

Conference Room  
9863 Georgetown Pike  
Great Falls, VA 22066

## REGISTRATION REQUIRED

PEPparent.org or 301.929.8824

# PEP ONLINE OFFERINGS

## ONLINE WEBINARS

9–10pm Eastern time. \$25 each

### Stop the Yelling, Start the Cooperation

for all parents  
Tue, Sept 10

### No More Morning Mayhem

for all parents  
Wed, Oct 23

### Really Helping with Homework

for parents of school age children  
Tues, Sept 24

### Raising an Only Child

for all parents  
Tues, Nov 5

### Emotion Coaching

for parents of 2- to 12-year-olds  
Mon, Oct 7

### Handling Temper Tantrums

for parents of toddlers and preschoolers  
Wed, Nov 20

## NOTED PARENTING AUTHOR SERIES

speakers and dates coming soon - check website for details

## 4-WEEK ONLINE CLASSES

winners of a prestigious Telly Award in 2019

Offered in September, October, and November, starting on the first Saturday. Each include weekly video lessons, handouts and exercises to try at home, a discussion board, and weekly online Q&A sessions with a PEP class leader. \$99 for a 4-week course

### Encouragement! Build Your Child's Confidence from the Inside Out

Encouragement is the KEY ingredient that makes all other parenting strategies work. You'll learn encouragement strategies and techniques that will make family life run more smoothly and make your child become more resilient, independent, and cooperative.

### Redefining Discipline: A No Gimmicks Guide to Raising Responsible and Respectful Kids

Are you searching for new ideas to end the cycle of arguing, negotiating, punishing, or promising rewards? This class will give you tools to create harmony, cooperation and connection in your family.