



parenting classes

for parents of infants through teens
for adults, youth, couples, and families



Winter 2010 schedule

Parent Encouragement Program

10100 Connecticut Avenue
Kensington, MD 20895

PEPoffice@aol.com
301-929-8824

Non-Profit Org.
U.S. Postage
PAID
Silver Spring, MD
Permit No. 6418

for more information and
for snow make-up dates

PEPparent.org

Why Don't My Kids Listen to Me?

FREE

For parents of children ages 2½-18 who have never taken a PEP course. Learn how to gain more cooperation from your children without repeating, reminding, nagging, or yelling. Find out "why my kids don't listen to me."

Free. Space is limited. Pre-register. See PEPparent.org for snow dates.

Kensington, MD	Sat	3:00-4:30 pm	#801	1/9
Great Falls, VA	Sat	10:00-11:30 am	#802	1/9
No. Potomac, MD	Tues	7:30-9:00 pm	#803	1/12
Washington, DC	Thurs	7:30-9:00 pm	#804	1/14

Parenting with a Plan

FREE

For parents of infants and toddlers who have never taken a PEP course. Start your parenting off on the right track and avoid common child-parent problems later. Learn how to develop a secure relationship with your child, understand the importance of child development, build a foundation for your own self-care, and connect with other parents.

Free. Space is limited. Pre-register. See PEPparent.org for snow dates.

Kensington, MD	Thurs	7:30-9:00 pm	#805	1/14
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Managing Anger: A Parent's Guide

For all parents. Why do we lose our tempers over some issues and not others? Can we really control our anger? If so, how? Learn the answers to these questions and ways to change what you think, say, and do to express your concerns in more positive, effective ways. This seminar will also offer ways to help our children learn coping strategies and techniques. (cc = childcare maybe be available, See p 4.)

\$81/person, \$139/couple • Members: \$70/person, \$129/couple

Kensington	Wed	7:30-9:30 pm	#501	3 weeks cc	2/10-2/24
Kensington	Sat	1:00-3:00 pm	#502	3 weeks	3/6-3/20

Dr. Michael J. Bradley

author of *"When Things Get Crazy With Your Teen," "Yes, Your Teen is Crazy!"* and more



for parents of tweens and teens

Loving Your Kid Without Losing Your Mind

**Thursday,
March 4**

Walter Johnson High School
Bethesda, MD

7:30 - 9:30 pm

\$25/person #901

Parenting Today's Teen: Surviving Disrespect, Defiance & Risky Behaviors

**Friday,
March 5**

Temple Emanuel
Kensington, MD

9:30 - 11:30 am

\$40/person #902

continuing education hours
for professionals

PARENTS OF YOUNG CHILDREN

Parenting Babies & Toddlers

For parents of children ages birth - 2½. Learn about your child, your child's development, and what it means to be an effective parent in today's society. Build parenting skills that will last a lifetime and ensure that you and your child are starting out on the right foot together. (Nursing infants may attend. On-site childcare (cc) offered for others. See page 4 for info.)

\$197/person, \$352/couple • PEP Members: \$176/person, \$320/couple

Text: *Bringing Up Baby: Three Steps to Making Good Decisions in Your Child's First Years* by Lerner & Dombro \$15.85 • Members: \$14.27

Kensington Thurs 7:30-9:30 pm #401 8 weeks cc **1/21-3/11**
Kensington Fri 9:30-11:30 am #402 8 weeks cc **1/22-3/12**

Parenting Preschoolers A

For parents of children ages 2½-5. Learn to establish healthy relationship patterns with your child throughout the preschool years, including how to set firm and friendly limits, respond to problem behaviors, and promote cooperation and responsibility. (cc = childcare offered. See page 4 for info.)

\$197/person, \$352/couple • PEP Members: \$176/person, \$320/couple

Text: *Positive Discipline for Preschoolers (3rd ed)*, by Nelsen, Erwin & Duffy \$17.97 • PEP Members: \$16.18

MARYLAND

Kensington Tues 7:30-9:30 pm #411 8 weeks cc **1/19-3/9**
Kensington Wed 9:45-11:45 am #412 8 weeks cc **1/20-3/10**

VIRGINIA

Great Falls Thurs 9:45-11:45 am #413 8 weeks **1/14-3/4**

Parenting Preschoolers B

For parents of children ages 2½-5. This class will continue down the path of developing a healthy relationship with your child in greater depth. (cc = childcare offered. See page 4 for info.)

Prerequisite: Preschoolers A or Preschoolers I

\$197/person, \$352/couple • PEP Members: \$176/person, \$320/couple

Texts: *Positive Discipline for Preschoolers, 3rd ed*, by Nelsen, Erwin & Duffy \$17.97 • PEP Members: \$16.18 (same text used in Preschoolers A)
Children the Challenge by R. Dreikurs \$16.96 • PEP Members: \$15.27 (same text used in PEP I)

Kensington Tues 7:30-9:30 pm #421 8 weeks cc **1/19-3/9**
Kensington Thurs 9:45-11:45 am #422 8 weeks cc **1/21-3/11**

Whining, Crying & Tantrums

For parents of children ages 1-5.

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple

Kensington Mon 7:30-9:30 pm #603 **2/22**

Positive Time Out & Other Strategies

For parents of children ages 1½-5.

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple

Kensington Mon 7:30-9:30 pm #609 **3/15**

PARENTS OF ELEMENTARY & MIDDLE SCHOOL AGE CHILDREN

PEP I Becoming a More Encouraging Parent

For parents of children ages 5-12. Learn practical skills and gain insights into how to use positive, encouraging methods with your children to gain cooperation, foster respect and responsibility, set and uphold limits, and bring out the best in each child. (cc = childcare offered. Page 4 for info.)

\$225/person, \$417/couple • PEP Members: \$198/person, \$385/couple

Class text: *Parenting With Courage*, Baldwin & Jessup, \$10.00

Supplemental text: *Children the Challenge*, Dreikurs, \$16.96 • Members: \$15.27

MARYLAND

Kensington Tues 9:45-11:45 am #101 10 weeks cc **1/12-3/16**
No. Potomac Tues 7:30-9:30 pm #102 8 weeks **1/19-3/9**
Potomac Thurs 9:45-11:45 am #103 8 weeks **1/28-3/18**
Kensington Thurs 7:30-9:30 pm #104 10 weeks cc **1/14-3/18**
Kensington Sun 9 am - 5 pm #105 2 days **2/7 & 2/21**

VIRGINIA

McLean #1 Tues 9:30-11:30 am #106 8 weeks **1/12-3/2**
McLean #2 Tues 7:00-9:00 pm #107 10 weeks **1/12-3/16**

WASHINGTON

DC Thurs 7:30-9:30 pm #108 8 weeks **1/21-3/11**

PEP I FOR PARENTS OF TWEENS (ages 9-12)

Kensington Wed 7:30-9:30 pm #109 10 weeks cc **1/13-3/17**

PEP II Putting Your New Skills to Work

For parents of children ages 5-14. PEP II builds on the skills developed in PEP I and is often retaken as a refresher course. The class features extensive skills practice and problem solving opportunities. (cc = childcare offered. Page 4 for info.)

Prerequisite: Preschoolers B, PEP I or Thriving with Teens.

\$225/person, \$417/couple • PEP Members: \$198/person, \$385/couple

Text: *Positive Discipline (2006)* by Nelsen \$15.85 • Members: \$14.27

Kensington Tues 7:30-9:30 pm #201 10 weeks cc **1/12-3/16**
Kensington Thurs 9:45-11:45 am #202 10 weeks cc **1/14-3/18**

PEP II Plus

For parents of children ages 5-14 who have taken PEP II. Learn more and increase your parenting skills in the areas of encouragement, mistaken goals, consequences, limit setting, agreements and anger management.

Prerequisite: PEP II (cc = childcare offered. Page 4 for info.)

\$95/person, \$160/couple • PEP Members: \$85/person, \$145/couple

Kensington Tues 9:45-11:45 am #503 4 weeks cc **2/16-3/9**

Backtalk: How Dare You Speak to Me That Way!

For parents of children ages 5-18. Learn why children engage in backtalk as well as strategies for reducing it and building stronger relationships.

\$57/person, \$99/couple • PEP Members: \$51/person, \$90/couple

Kensington Wed 7:30-9:30 pm #505 2 weeks **3/3-3/10**

"You Can't Make Me Do That!" Power Tools for Power Struggles

For parents of children ages 5-12.

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple

Kensington Mon 7:30-9:30 pm #605 **3/1**

See also Parenting With a Plan (p 1), Managing Anger (p 1), You Can't Make Me Do That (p 2), PEP in Virginia (p 3), PEP for All Parents (p 3), and PEP for Families.

Allowances: Early Lessons in Money Management

For parents of children ages 5-18.

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple
Kensington Mon 7:30-9:30 pm #611 3/22

See also Why Don't My Kids Listen to Me (p 1), Managing Anger (p 1), PEP in Virginia, PEP for All Parents, and PEP for Families.

PARENTS OF TEENS

Thriving With Teens

For parents of teens ages 13-18. This class incorporates most of the concepts used in PEP I and PEP II in ways designed to meet the distinct and varied needs and challenges faced by parents of teens. (Childcare offered. Page 4 for info.)

\$225/person, \$417/couple • PEP Members: \$198/person, \$385/couple
Text: *Positive Discipline for Teenagers* by Nelsen & Lott \$17.97 • Members: \$16.18
Kensington Wed 7:30-9:30 pm #431 10 weeks cc 1/13-3/17

Planning for Safe Teen Driving

For parents with or without their teens, ages 14 and up.

\$30/adult, \$55/couple, \$15/teen • Members: \$25/adult, \$45/couple, \$10/teen
Kensington Sun 4:00-6:00 pm #601 1/31

Preparing to Launch Support Group: Smoothing the Transition from High School to College

For parents of 11th & 12th graders.
Per session: \$5/person. Attend one or more of these stand-alone sessions.

Kensington Sun 4:00-5:30 pm
#613 1/24 #614 2/21 #615 3/21

See also Managing Anger (p 1), Loving Your Adolescent (p 1), Parenting Teens (p 1), Backtalk (p 2), Allowances (p 3), PEP in Virginia (p 3), PEP for All Parents (p 3), and PEP for Families (p 3)

PEP IN VIRGINIA

See also Why Don't Kids Listen (p 1), Preschoolers A (p 2), PEP I (p 2)

"You Can't Make Me Do That!" Power Tools for Power Struggles

For parents of children ages 4-14.

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple
Ashburn Wed 7:30-9:30 pm #602 2/3

Helping Kids Take Responsibility for School Stuff

For parents of children ages 5-14.

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple
Vienna Tues 7:30-9:30 pm #604 2/23

Using Consequences: Effective Discipline Without Punishment

For parents of children ages 4-14.

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple
Ashburn Tues 7:30-9:30 pm #607 3/9

Defusing Sibling Rivalry

For all parents.

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple
Vienna Thurs 7:30-9:30 pm #610 3/18

ALL PARENTS

PEP III Expanding Your Understanding

For all parents. Use the concepts you learned in prior courses to gain insights into yourself, your values, your parenting, and your own behavior. Learn new and useful ways to apply your PEP skills in the adult world.
Prerequisite: PEP I or Teens

\$197/person, \$352/couple • PEP Members: \$176/person, \$320/couple
Kensington Tues 7:30-9:30 pm #301 8 weeks cc 1/12-3/2
Kensington Thurs 9:45-11:45 am #302 8 weeks cc 1/14-3/4

Positive Psychology

For all adults. Learn methods on how to have a positive attitude and raise and sustain your positive emotion. CE Hours: Contact PEP for information.
Presenter: Steven J. Stein, LCPC, Adlerian therapist, life coach

\$137/person, \$253/couple • PEP Members: \$121/person, \$229/couple
Text: *Authentic Happiness: Using Positive Psychology To Realize Your Potential for Lasting Fulfillment* by Seligman \$15.90 • Members: \$14.31
Kensington Fri 10:00-11:30 am #440 8 weeks cc 1/15-3/5

Raising Children To Be Resilient

For all parents. Learn how to help your child develop the strengths and skills to deal with life's challenges and to bounce back from adversity.
\$95/person, \$160/couple • PEP Members: \$85/person, \$145/couple

Kensington Thurs 7:30-9:30 pm #504 4 wks cc 2/18-3/18 skips 3/4

Stop the Yelling, Start the Cooperation

For all parents. (cc = childcare may be available. See p 4 for info.)

\$30/person, \$55/couple • PEP Members: \$25/person, \$45/couple
Kensington Tues 9:45-11:45 am #612 cc 3/23

FAMILIES

Family Council Workshop

For all family members age 6 and up.
Prerequisite: Preschoolers B, PEP I or Teens
\$86/family • PEP Members: \$75/family

Kensington Sat 9:30 am - 12:00 pm #608 3/13

Open Forum Counseling For all parents, For children age 9 and up with their parents. A family works with an Adlerian moderator to educate the audience using real-life challenges. Members of the demonstration family may be younger than 9. (Childcare offered for children under 9. See p 4.)

Fee per session: \$11/person, \$16/couple, \$5/child (age 9& up), \$25/family
PEP Members: free • current class participants: half price

Respect: Making It Come Alive in Your Family

Moderator: Barbara Fairfield, LCMFT, Adlerian therapist
Kensington Fri 7:30-9:30 pm cc #701 3/12

Why Children Settle for Less than Their Best in School

Moderator: Emory Baldwin, LCMFT, family therapist, PEP leader
Kensington Sat 6:30-8:30 pm cc #702 3/20

COUPLES

Making the Connection Despite Tough Times

For any couple in a committed, intimate relationship.
Presenters: Dwayne and LaTasha Hudson are a certified leader couple for the Association for Couples in Marriage Enrichment.

\$80/couple • PEP Members: \$70/couple
Kensington Sat 7:00-10:00 pm #606 3/6

pepcalendar winter 10

DAY	DATES	TOPIC	COURSE #	PG
JANUARY				
Sat	1/9	Why Don't My Kids Listen? (Kensington)	801	1
Sat	1/9	Why Don't My Kids Listen? (Great Falls)	802	1
Tues	1/12	Why Don't My Kids Listen? (No. Potomac)	803	1
Thurs	1/14	Why Don't My Kids Listen? (DC)	804	1
Thurs	1/14	Parenting With a Plan	805	1
week of	1/11	PEP WINTER CLASSES BEGIN		1-4
Sun	1/24	Preparing to Launch to College	613	3
FEBRUARY				
Wed	2/3	Power Struggles (VA)	602	3
Wed	2/10-2/24	Managing Anger	501	1
Tues	2/16-3/9	PEP II Plus	503	2
Thurs	2/18-3/18	Raising Children to Be Resilient (skips 3/4)	504	3
Sun	2/21	Preparing to Launch to College	614	3
Mon	2/22	Whining, Crying and Tantrums	603	2
Tues	2/23	Kids & Responsibility for School Stuff (VA)	604	3
MARCH				
Mon	3/1	Power Struggles (Kensington)	605	2
Wed	3/3-3/10	Backtalk	505	2
Thurs	3/4	Loving Your Kid - Dr. Michael Bradley	901	1
Fri	3/5	Parenting Teens - Dr. Michael Bradley	902	1
Sat	3/6-3/20	Managing Anger	502	1
Sat	3/6	Couples - Connecting in Tough Times	606	3
Tues	3/9	Using Consequences (VA)	607	3
Fri	3/12	OFC: Respect in Families	701	3
Sat	3/13	Family Council Workshop	608	3
Mon	3/15	Positive Time Out	609	2
Thurs	3/18	Sibling Rivalry (VA)	610	3
Sat	3/20	OFC: Settling for Less Than Their School Best	702	3
Sun	3/21	Preparing to Launch to College	615	3
Mon	3/22	Allowances: Money Management Lessons	611	3
Tues	3/23	Stop Yelling, Start Cooperating	612	3

MEMBERSHIP

PEP family and professional memberships provide discounts on classes, workshops, and books, plus access to members-only programs. Professional members are included in PEP's Resource Listings.

Dues: Family Membership \$50 Professional Membership \$75

Check website for information on MEMBER SUPPORT SESSIONS.

registration winter 2010

OFFICE
USE
ONLY

Name(s) _____

Address _____

Phone (h) _____ (cell) _____

Phone (w) _____ Email _____@_____

COURSE / WORKSHOP

_____ Title _____ \$ _____

_____ Title _____ \$ _____

_____ Title _____ \$ _____

Book(s): _____ \$ _____

Childcare: Name: _____ Age: _____ \$ _____

Name: _____ Age: _____

Membership Payment: New Renew \$ _____

Tax-Deductible Donation: \$ _____

PAYMENT

Amount Enclosed: \$ _____

Check: payable to PEP

Charge: Discover/Mastercard/Visa Signature: _____

Exp. ____/____ Account # _____

Installment Payments: Call the PEP office to make arrangements.

MAIL, FAX, OR CALL tel: 301.929.8824 fax: 301.929.8834

SPECIAL EVENTS

Check PEPparent.org for more information.

IMAGINATION STAGE: Discount tickets are available for PEP Members for *Peter and the Wolf* on Feb. 6 at 1:30pm. \$10/ticket. Reserve with PEP by Jan. 22.

PEP INDIVIDUAL CONSULTATIONS: People who have completed PEP's basic 8-10 week courses are eligible to register for a consultation with a PEP senior leader.

PEP NEIGHBORHOOD DINNER SERIES: Watch for an invitation to join a PEP leader and other families at dinners & coffee in private homes this winter. Leaders will present on a range of topics designed to inform and help raise PEP funds.

CAN DO KIDS FAIR: The next fair will be held in 2011. In financially challenging times PEP needs its revenue to cover basic expenses, so there will be no fair this year. We're looking forward for an expanded site in 2011 and volunteers to help make it great.

PEP NEIGHBORHOOD CLASSES: Take a PEP class for free when you organize your neighbors and friends and find the location. Subject to leader availability. Contact Sue Clark at pepsuec@aol.com for more information.

POLICIES

PRE-REGISTRATION: Pre-registration with full payment is required, unless a payment plan has been arranged with the PEP office.

PAYMENT PLANS & SCHOLARSHIPS: Call the PEP office for information.

CANCELLATION: PEP reserves the right to cancel any program with less than ten participants. If so, registration and childcare fees will be refunded.

TUITION REFUNDS:

6 - 10 Session Classes: Cancellations made at least 48 hours before the first class will receive a refund minus an administrative fee of \$15 per person per course. Withdrawals after that, but before the second class, will receive a refund of 75% of the tuition. There will be no refunds after the second class.

1 - 4 Sessions: Registrations cancelled at least 48 hours in advance of the event will receive a refund minus a \$10 per person administrative fee for two to four session seminars and a \$5 per person administrative fee for one session events. There will be no other refunds.

ABSENCES: Attendance is important; material taught in a class builds on prior weeks. It's best to register only if you're able to attend at least one of the first two class meetings. In PEP I, II, III, Babies, Preschoolers or Teens, up to 2 classes can be made up during the next session by notifying the instructors and the PEP office. Other absences cannot be made up.

CHILDCARE

cc = Childcare may be available only when indicated in the schedule. Register at least one week in advance. Include children's names and ages. Full payment is required with registration. For babies younger than 1 year, call the PEP office.

Cancellation: If a sitter is not available, the class is cancelled, or the minimum for childcare has not been met, all fees paid will be refunded. Refunds for childcare are given only if requested 7 or more days before the start of the event.

10 week classes: \$120/first child; \$80/each additional child in same family
8 week classes: \$96/first child; \$64/each additional child in same family
shorter events: \$12/week/first child; \$8/week/additional child same family

COURSE LOCATIONS

VIRGINIA

Ashburn 20147

Capital Area Pediatrics - Suite 189
44050 Ashburn Shopping Plaza

Great Falls 22066

Christ the King Lutheran Church
10550 Georgetown Pike

McLean #1 22101

Montessori School of McLean
1711 Kirby Road

McLean #2 22101

St. Luke Catholic School
7005 Georgetown Pike

Vienna 22181

Church of the Good Shepherd
2351 Hunter Mill Road

WASHINGTON

DC 20007

Temple Micah
2829 Wisconsin Ave, NW

MARYLAND

Kensington 20895 (PEP)

Parent Encouragement Program
10100 Connecticut Ave

Kensington #2 20895

Temple Emanuel
10101 Connecticut Avenue

Bethesda 20814

Walter Johnson High School
6400 Rock Spring Dr

North Potomac

20878

Renaissance
Children's
Art Center,
Shops at Potomac Valley, # L-4
12116 Darnestown Rd



Potomac 20854

Potomac United Methodist Church
10300 Falls Rd