



YMCA Youth & Family Services Y's Parenting Fall 2009



OCTOBER CLASSES

Y's Words: Parenting Children

Parents will learn to identify the purposes of a child's misbehavior and develop effective discipline and encouragement strategies for positively redirecting these behaviors. Skills include: Developing effective consequences, structuring choices, and ending power struggles.

Required text, available first night: \$20; class fee: \$30.

Mondays, October 5 – November 9, 7:00 – 8:30 p.m. YMCA Ayrilawn Program Center, 5650 Oakmont Ave., Bethesda

Y's Words: Parenting Teens

A down-to-earth and practical way to meet the challenges of raising teenagers. The group discussion format teaches skills to help improve parent/teen relations; develop teen self-esteem and self-reliance; and promote responsible teen behavior at home, school and in the community. Required text, available first night: \$20; class fee: \$30.

Thursdays, October 8 – November 12, 7:00 – 8:30 p.m. United Church of Christ, 9525 Colesville Road, Silver Spring

Registration and Information: Call (301) 229-1347 or email: parenting@ymcadc.org

SUBURBAN HOSPITAL Seminar

Cyber Bullying: Bullying in the Digital Age

Dr. Agatston is co-author of the book, *Cyber Bullying: Bullying in the Digital Age* and *Cyber Bullying Curriculum for Grades 6 – 12 and the Cyber Bullying Prevention Curriculum for Grades 3 - 5*. Dr. Agatston is a nationally certified trainer and technical assistance consultant for the Olweus Bullying Prevention Program. She was a participant in the CDC's Expert Panel on Electronic Media and Youth Violence, and has presented nationally and internationally on cyber bullying.

Traducción al Espanol disponible

\$15/person. Fee Waivers available.

All proceeds fund the prevention services of YMCA Youth & Family Services.

Thursday, October 22, 7:00 – 9:00 p.m., Registration begins at 6:30 p.m.

Suburban Hospital Auditorium: 8600 Old Georgetown Road, Bethesda

On line registration: <https://easytoenroll.ymcawashdc.org> **keyword: cyber**

CEUs, Maryland Board of Social Workers, 2 hours, \$10 fee.

Office of Child Care Clock hours (2), \$10 fee. Call 301-229-1347 for more info.

Reasonable disability accommodations available on request. Please contact Pam Mintz at (301) 229-1347 by October 15.

*To foster the spiritual, mental and physical development of individuals, families, and communities
according to the ideals of inclusiveness, equality and mutual respect for all.*

www.ymcawashdc.org

These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the superintendent, or this school.