

pep

Fall 2009

parenting workshops in Kensington



Parent Encouragement Program

www.PEPparent.org

301.929.8824

703-242-8824



PARENT ENCOURAGEMENT
PROGRAM

10100 Connecticut Ave
Kensington, MD 20895

**“The Parent Encouragement
Program . . . offers some of
the best parenting classes in
the nation.”**

*Marguerite Kelly, Family Almanac,
The Washington Post,
August 7, 2009*

*PEP, a local nonprofit
established in 1982,
offers parenting education
four sessions a year.*

Winning Cooperation in the Family

Do your family members seem to cooperate least when you need their cooperation the most? Learn how to positively encourage everyone in the work of the family without yelling, nagging or bribing. *For parents of children of any age and for children ages 9 and up.*

Saturday • Oct. 24 • 6:30-8:30 pm

\$11/person, \$16/couple, \$5/child (age 9 & up), \$25/family

Managing Anger

Learn why we get angry at our kids (some reasons may surprise you!) and how to manage your thoughts and words to produce positive, effective outcomes. You will also learn ways to teach your children to manage their own anger. *For all parents. 3 weeks.*

Saturdays • Nov. 7, 14 & 21 • 9:30-11:30 am

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

Using Consequences: Effective Discipline Without Punishment

Learn how to use natural and logical consequences in place of rewards and punishments to motivate children and create a more cooperative, respectful family life. *For parents of children ages 4-14.*

Wednesday • Nov. 11 • 7:30-9:30 pm

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

Getting Out of the House in the Morning

The morning can be the most stressful part of the day. Learn along with a demonstration family why problems arise and what you can do to promote more harmonious mornings. *For parents of children of any age and for children ages 9 and up.*

Friday • Nov. 13 • 7:30-9:30 pm

\$11/person, \$16/couple, \$5/child (age 9 & up), \$25/family

Homework: Making Things Work Without Getting Worked Up

Learn how to support your children emotionally in the homework process, including teaching them to how to organize themselves, find their best learning style, and stay positive. *For parents of elementary and middle school children.*

Tuesday • Nov. 17 • 7:30-9:30 pm

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

Defusing Sibling Rivalry & Fighting

Will your kids ever get along? Learn strategies to decrease competition among siblings and more positive ways to interact with your children. *For parents of children ages 1-14*

Thursday • Dec. 3 • 7:30-9:30 pm

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

All PEP classes require pre-registration with payment.
Payment plans & scholarships available.

For the complete Fall 2009 schedule, call PEP or visit
www.PEPparent.org

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Want to bring out the best in you **AND** your child?

Take a PEP Core Class!

PEP I

Becoming a More Encouraging Parent

For parents of children ages 5 to 12

Learn practical skills and gain insights into how to use positive, encouraging methods with your children to gain cooperation, foster respect and responsibility, and bring out the best in you and your child.

Daytime & evening classes offered this spring in Kensington, Mclean & Vienna beginning week of 3/31 (Virginia) and 4/14 (Kensington)

PEP Thriving with Teens

For parents of teens ages 13-18

Learn realistic ways to create mutually respectful relationships with teens, while helping them move toward responsible independence. The class offers insight on effective communication strategies and the use of discipline in ways that foster growth and maturity.

Offered Thursday evenings in Kensington this spring, beginning week of 4/2.

“Why Don’t My Children **Listen to Me?**”

Learn how to gain more cooperation from your children without repeating, reminding or yelling. *For all parents.*

Tuesday, March 31, 2009, 7:30-9:00 pm

Free to all parents, but pre-registration required by calling PEP at 301-929-8824.

“The finest parenting classes in the Washington area probably are those run by the Parent Encouragement Program...”

Marguerite Kelly, Family Almanac, The Washington Post, 7/28/2006

see reverse side for upcoming workshops



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For PEP's current class schedule, visit

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Because Parenting Matters