

# pep



## Parent Encouragement Program

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

Fall 2009

# parenting workshops

## for parents of teens & tweens

### Talking With Your Teen About Sex, Drugs, Alcohol & Other Sensitive Issues

Where do you begin? Learn how to launch an open dialogue with your teen and effective ways of dealing with these critical parenting concerns. 3 weeks.

Tuesdays • Dec. 1, 8 & 15 • 7:30-9:30 pm  
\$81/person, \$139/couple • Members: \$70/person, \$129/couple

### 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

### Preparing to Launch to College

#### *Support Group for parents of 11th & 12th graders*

There's much more to preparing for college than admission applications and financial aid forms. Find out what you can do to be mentally and emotionally prepared for the transition and how to make sure your teen is ready as well.

Sundays • Oct. 18, Nov. 22, Dec. 13 • 4:00-5:30pm  
\$5/session. May attend one or more of these stand-alone sessions.

### Using Consequences: Effective Discipline Without Punishment

*For parents of children ages 4-14*

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.

Wednesday • Nov. 11 • 7:30-9:30 pm  
\$30/person, \$55/couple • Members: \$25/person, \$45/couple

### Homework: Making Things Work Without Getting Worked Up

*For parents of elementary and middle school children*

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. Presented by Doreen Engel, MA.

Tuesday • Nov. 17 • 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](http://www.PEPparent.org)**

# pep

## 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



## Parent Encouragement Program

10100 Connecticut Ave  
Kensington, MD 20895

301.929.8824

For PEP's current class schedule, visit

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

# pep

Because Parenting Matters