For Families

Family Facebook Night
For parents and children age 10 and up

Wednesday, Feb. 29 | 7 – 8:30 pm | Olney

Get to know Facebook privacy settings and other features to keep kids safe. In this computer lab workshop at St. John's Episcopal School in Olney. Alecia Berman-Dry, St. John's technology coordinator and i-Safe Web Safety trainer, will teach the hands-on skills both parents and children need.
$30 person | $27 member
$10 child | $9 member child

Family Council Workshop
For all family members age 6 and up

Sunday, March 11 | 1 – 3:30 pm

Come with your children to learn how to conduct a regular meeting that results in each member's listening and being heard, greater cooperation, shared responsibility, and problems solved.
$95 family | $85.50 member family

Open Forum Counseling
For all parents. For children age 9 and up with their parents.

An Adlerian moderator educates the audience using real-life challenges. Members of the demonstration family or panel may be younger than 9.
FREE for PEP members
$12 person | $5 child (9 and up) or $25 family

Power Struggles: How Kids Can Solve Our Parenting Problems
Moderator: *Barbara Fairfield, LCMFT, Adlerian therapist*

Friday, Feb. 24 | 7:30 – 9:30 pm | #701

A panel of experts – kids – give advice.

Homework Battles: Negotiating a Peace Treaty
Moderator: *Emory Luce Baldwin, LCMFT, family therapist, PEP leader*

Sat., March 10 | 6:30 – 8:30 pm | #702

How to encourage children to take more responsibility.

POLICIES
PRE-REGISTRATION with full payment is required unless a payment plan or scholarship is arranged with the PEP office. See PEPparent.org for refund and cancellation policies.

CHILDCARE
Childcare may be available for a fee when indicated in the schedule. See PEPparent.org for more information and childcare policies. Call the PEP office at 301-929-8824 to register children for childcare.

MEMBERSHIP
PEP family and professional members receive 10% 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

MEMBER SUPPORT
Join an experienced PEP leader for a question and answer session about everyday parenting problems. Pre-register by noon of the business day before the session. $5|person.
PEPparent.org for dates and times.

Registration
Online, Mail, Fax or Call tel: 301.929.8824 | fax: 301.929.8834

NAME/S ☐ Current Member
ADDRESS
CITY STATE ZIP
PHONE (H) (C) (W)
E-MAIL
COURSE TITLE # $
COURSE TITLE # $
COURSE TITLE # $
TEXTBOOK $
MEMBERSHIP DUES (join or renew) $
PEP is a 501c(3) not for profit organization, make a donation today! $

☐ Enclosed is a check payable to PEP for the total registration fees or
☐ Charge my: ☐ Discover ☐ MasterCard ☐ Visa Total Amount Due: $

CREDIT CARD NUMBER CREDIT CARD SECURITY CODE
EXPIRATION DATE PRINT CARDHOLDER'S NAME
CARDHOLDER'S SIGNATURE

Parent Encouragement Program 10100 Connecticut Ave, Kensington, MD 20895

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Educating parents. Enriching families.
10100 Connecticut Ave, Kensington, MD 20895

Register Online Now!

Winter 2012 Calendar

January

Thurs 5	PEP I Begins (Virginia)
Sat 7	Why Don't My Kids Listen?
Sun 15	PEP Core Classes Begin
Tues 31-Feb 14	Managing Anger

February

Wed 1-Mar 14	Positive Psychology
Wed 1	Talking About Sensitive Subjects w/ Teens
Fri 3-24	PEP II Plus
Wed 8	Talking About Drugs & Alcohol w/ Teens
Wed 15	Talking About Sexuality with Teens
Fri 17	Setting Limits for Young Children
Tues 21	Raising a Responsible Only Child
Fri 24	OFC - Kids & Power Struggles
Fri 24-Mar 16	Teens: The Challenge Continues
Sat 25	Couples - Journey Toward Intimacy
Wed 29	Family Facebook Night

March

Thurs 1- 15	Managing Anger
Thurs 1- 22	Raising Children to Be Resilient
Sat 3	Can Do Kids Fair
Tues 6	Fighting, Biting, Hitting & Spitting
Sat 10	OFC - Homework Battles
Sun 11	Family Council Workshop
Fri 16	Power Tools for Power Struggles
Mon 19	Choosing an Internet Filter
Tues 20	Truth About Consequences
Mon 26	WEBINAR: Sibling Squabbles

Course Locations
Courses are located in Kensington unless otherwise noted.

Ashburn VA 20147
Arris Montessori Academy
44675 Cape Court #189

Kensington MD 20895
Parent Encouragement Program (PEP)
10100 Connecticut Ave

Olney MD 20832
St. John's Episcopal School
3427 Olney-Laytonsville Rd

Rockville MD 20852
Jewish Community Center
6125 Montrose Rd

Vienna VA (1) 22180
Green Hedges School
415 Windover Ave, NW

Vienna VA (2) 22182
Joyce Kilmer Middle School
8100 Wolftrap Rd

Washington DC 20007
Temple Micah
2829 Wisconsin Ave, NW

Wheaton MD 20902
Hughes United Methodist Church
10700 Georgia Ave

PEPSchedule

Classes and workshops for parents and couples **WINTER 2012**

Register Online Now!

January through March

FREE Winter Intro to PEP

Why Don't My Kids Listen to Me?
For parents of children age 2½-18 who have never taken a PEP course.

Saturday, January 7 | 3 – 4:30 pm | Kensington

Are you tired of saying the same things over and over? Do you find yourself giving in to your kids' demands and/or yelling at them? How many times DO you have to tell them? Come to this free workshop and learn how to gain your children's cooperation without nagging, bribing, or yelling.
Free. Space is limited. Pre-register.

Webinar

"Don't Make Me Come In There!" Helping Siblings Get Along
For all parents

Monday, March 26 | 8:30 – 9:30 pm | Online

Learn the causes of sibling squabbles and how you can defuse the battles in the moment and reduce fighting over the long term.
$20 person | $18 member

Can Do Kids FAIR March 3

Saturday, March 3
PEP Members 1:30 – 4:30 pm
General Public 2:30 – 4:30 pm

REGISTER EARLY
Sells Out Fast!

Hammering nails, painting, vacuuming, manners, sewing on a button, making a nutritious snack – children practice skills they know and learn new ones, supervised by adults and older children who earn community service hours.
Activities are designed for children age 3 – 10, with a parent.
$15 person, max $50 family | $13 member, max $45 family

Register Online Now!
PEPparent.org

Register, Renew, Donate!
You can now register for all of PEP's programs (except childcare) online. Just go to PEPparent.org, find any class, and click on the Register button. Scroll down the classes listed (in date order) until you find the one you want. Click the Sign Up Now button and follow the prompts. You can renew your membership online, too. Check out the "Help" tab for more information.

MOM's Organic Market

THANKS
MOM's Organic Market
is underwriting the Winter 2012 classes at PEP, helping us keep fees lower. MOM's is also a co-sponsor of the Can Do Kids Fair.

pep *Educating parents. Enriching families.*

10100 Connecticut Ave, Kensington, MD 20895 | 301-929-8824 | PEPparent.org

Young Children

WHERE'S THE CLASS HELD? Courses are located in Kensington unless otherwise indicated.

Parenting Preschoolers A (PEP Core Course)

For parents of children age 2 ½ – 5 | Eight weeks

Wednesdays, Jan. 25 – March 14 | 9:45 – 11:45 am | #411
Thursdays, Jan. 26 – March 15 | 7 – 9 pm | #412

Understand your child's development and what it means to be an effective parent in today's world. Learn to set limits and solve behavior problems calmly and consistently; use positive discipline methods to address tantrums, power struggles, and other misbehavior; foster cooperation and responsibility; and rediscover the joy of parenting.
$217 person | $195.30 member • Text: $17.97 | $16.17 member

Setting Limits for Young Children

For parents of children age 1 – 4

Friday, Feb. 17 | 9:45 – 11:45 am

Limits help young children learn to go to bed on time, pick up after themselves, get along with others, and feel secure. Learn to say "no" and mean it – in firm, friendly, and age-appropriate ways.
$30 person | $27 member

Fighting, Biting, Hitting & Spitting

For parents of children age 1 ½ – 5

Tuesday, March 6 | 7:30 – 9:30 pm

Do you feel overwhelmed by tantrums and aggressive behavior? Wonder how to discipline without getting into a power struggle? Learn ways to weather your young child's emotional storms, calm meltdowns and fights quickly, and give your child acceptable outlets for frustration.
$30 person | $27 member

For All Parents

PEP III Expanding Your Understanding (PEP Core Course)

Prerequisite: PEP I or Thriving With Teens | Eight weeks

Tues., Jan. 17 – March 6 | 9:45 – 11:45 am #301
Thurs., Jan. 26 – March 15 | 7:30 – 9:30 pm | Wheaton | #302

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.
$217 person | $195.30 member

Positive Psychology

For all adults | Seven weeks
Presenter: *Steven J. Stein, LCPC, Adlerian therapist, life coach*

Wednesdays, Feb. 1 – March 14 | 7:30 – 9 pm

Are some people just naturally happier? Scientific research shows that everyone has the traits that lead to happiness, but we might not know how to cultivate them. Learn the proven techniques to enjoy life to the fullest, based on the Authentic Happiness program developed by Martin Seligman. **CE Hours:** Continuing Education credits are available for counselors and therapists. Contact PEP for information.
$154 person | $138.60 member
Text: $16.96 | $15.26 member

Raising a Responsible Only Child

For all parents with one child

Tuesday, Feb. 21 | 7:30 – 9:30 pm

Parents of onlies worry about the lack of siblings and about either excessively pressuring or overindulging their one and only. Learn how positive discipline works to encourage cooperation, self-sufficiency, and age-appropriate social skills.
$30 person | $27 member

Managing Anger: A Parent's Guide

For all parents | Three weeks

Tues., Jan. 31 – Feb. 14 | 7:30 – 9:30 pm #501
Thurs., March 1 – 15 | 9:45 – 11:45 am #502

Examine the real reasons parents get angry at their kids, and learn how to change your thoughts, words, and actions for more positive outcomes; plus tools to help your children handle their anger.
$90 person | $81 member

Raising Children to Be Resilient

Four weeks
Thurs., March 1 – 22 | 7:30 – 9:30 pm

Learn the fundamentals of resilience and how to help your child develop the strengths and skills to deal with life's challenges and to bounce back from adversity.
$110 person
$99 member

Elementary-Middle Schoolers

PEP I Becoming a More Encouraging Parent (PEP Core Course)

For parents of children age 5 – 12

Sundays, Jan. 15 – March 18 | 4 – 6 pm | Wheaton, MD | 10 weeks #101
Tuesdays, Jan. 17 – March 20 | 7:30 – 9:30 pm | 10 weeks #102
Wednesdays, Jan. 25 – March 14 | 9:30 – 11:30 am | Rockville, MD | 8 weeks #103
Thursdays, Jan. 19 – March 22 | 9:45 – 11:45 am | 10 weeks #104
Thursdays, Jan. 5 – March 8 | 7 – 9 pm | Ashburn, VA | 10 weeks #105
Saturdays, Feb. 11 & Feb. 25 | 9 am – 5 pm | 2 days #106

Looking for a new and refreshing outlook on parenting? Tired of whining, dawdling, bedtime battles, disrespect, homework vs. media, sibling fights, and other problems? In PEP I, parents learn the skills to solve behavior problems and raise children to be respectful, responsible, caring people. Become the consistent, confident parent you want to be.
$248 person | $223.20 member • Text: $15 | $13.50 member

PEP II Putting Your New Skills to Work (PEP Core Course)

For parents of children age 5 – 14 | Ten weeks
Prerequisite: *Preschoolers B, PEP I, or Thriving With Teens*

Tuesdays, Jan. 17 – March 20 | 7:30 – 9:30 pm | #201
Thursdays, Jan. 19 – March 22 | 9:45 – 11:45 am | #202
Thursdays, Jan. 19 – March 22 | 7:30 – 9:30 pm | Washington, DC | #203
Tuesdays, Jan. 17 – March 20 | 9:30 – 11:30 am | Vienna (1) | #204

Building on the foundation of positive parenting, PEP II introduces more skills and guided practice for ending power struggles, talking so your children really listen, using consequences, and working out solutions with children. Class time is structured for individual problem-solving, helping all participants better understand their children's goals and figure out how to respond more effectively.
$248 person | $223.20 member • Text: $15.85 | $14.26

PEP II Plus

For parents of children age 5 – 14 who have taken PEP II

Fridays, Feb. 3 – Feb. 24 | 9:45 – 11:45 am

Practice makes progress. Encourage yourself and others as you grow more confident about responding to mistaken goals, using consequences, setting and upholding limits, managing anger, and solving problems.
$110 person | $99 member

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

For parents of children age 4 – 12

Friday, March 16 | 9:45 – 11:45 am

No one wins in a power struggle. Even if you've forced your child to comply, you often feel defeated. Learn why the struggles start and how you can avoid them, sidestep them, and transform fighting into cooperation.
$30 person | $27 member

Choosing an Internet Filter

For parents of children age 5 – 18

Monday, March 19 | 7:30 – 9:30 pm

Presenter: *Alecia Berman-Dry, technology coordinator and teacher at St. John's Episcopal School; certified i-Safe Web Safety trainer and speaker at state and national technology conferences.*

Are you concerned about what your child might be seeing on the computer – either accidentally or on purpose? Want an expert introduction to NetNanny and CyberPatrol? Learn how much control you can have, how to exercise it, and how to keep technology a safe and useful tool for your family.
$30 person | $27 member

The Truth about Consequences: Effective Discipline Without Punishment

For parents of children age 4 – 14

Tuesday, March 20 | 7:30 – 9:30 pm

Learn the differences between a consequence and a punishment, and how to use natural and logical consequences to motivate your children's cooperation, while improving your relationship with them.
$30 person | $27 member

Childcare available. See registration form for details.

(PEP Core Course) Step-by-step series providing essential parenting concepts and skills.

Teens

Thriving With Teens (PEP Core Course)

For parents of teens age 13 – 18 | Ten weeks

Wednesdays, Jan. 18 – March 21 | 7:30 – 9:30 pm | #431
Fridays, Jan. 20 – March 23 | 9:30 – 11:30 am | #432

Learn proven, positive strategies to parent teenagers effectively in the midst of their peers, media, the Internet, and their own adolescent development. Communicate with your teen on topics from school to sex; use consequences and positive discipline to guide your teen's growing independence; and build a relationship based on mutual respect, cooperation, and responsibility.
$248 person | $223.20 member • Text: $17.97 | $16.17 member

Teens: The Challenge Continues

Four weeks

Fridays, Feb. 24 – March 16
9:45-11:45 am | Vienna (2)

If you're still working on discipline, respect, and communication, you're not alone. This follow-up to Thriving With Teens is a forum for discussion and continued support with issues such as alcohol and other drugs, sex, anger, responsibility, and independence.
$110 person | $99 member

Look around for a good parenting class, such as the ones taught by the Parent Encouragement Program . . . (They may be the best parenting classes in the country.)
MARGUERITE KELLY
FAMILY ALMANAC
The Washington Post

Communicating With Teens and Talking About Sensitive Subjects

Wednesday, Feb. 1 | 7:30 – 9:30 pm | #601

Teens often seem to tune parents out and shut down. Your communication style greatly affects how much your teen hears on key subjects. Sign up for Week 1 (2/1) of this popular series to focus on key communication skills. Add on the additional two classes to focus on effective ways to talk about drug and alcohol use (2/8) and sexuality (2/15).

$30 person | $27 member Note: *You must either complete Week 1 or have taken Thriving With Teens or Teen Communication before taking Weeks 2 and/or 3.*

Talking About Drugs & Alcohol With Teens

Prerequisite: *#601, Thriving With Teens, or Teen Communication*

Wednesday, Feb. 8 | 7:30 – 9:30 pm | #602
$30 person | $27 member

Talking About Sexuality With Teens

Prerequisite: *#601, Thriving With Teens or Teen Communication*

Wednesday, Feb. 15 | 7:30 – 9:30 pm | #603
$30 person | $27 member

Couples Corner

Journey Toward Intimacy

Presenters: *Barbara and Don Fairfield are a certified marriage enrichment leader couple.*

Saturday, February 25 | 9 am – 4 pm

Couples in a committed, intimate relationship can explore their development of close connection and passion. The format combines group process with private couple conversation. Bring a bag lunch. Beverages will be provided.
$130 couple | $117 member couple • Text: $14.33 | $12.90 member

Visit PEPparent.org and register today!