

PEP in the Community

MCPS Parent Academy Talks | Co-sponsored by PEP

For parents of children age 5-18

These free workshops are offered in collaboration with the MCPS Parent Academy. For locations and to register, check PEP's website (PEPparent.org) or the MCPS website (mcpsparentacademy.org).

Wed, Feb 5 | 7 - 8:30 pm | [Why Don't My Kids Listen to Me?](#)

Wed, Mar 5 | 7 - 8:30 pm | [Raising "I Can" Kids](#)

For Families

Open Forum Counseling

For all parents and for children age 9 and up with their parents

An Adlerian moderator educates the audience using real-life challenges. Members of the demonstration family may be younger than 9.

FREE for PEP members | \$12 person | \$5 child (9 and up) | or \$25 family

"Turn That Thing Off!"

Moderator: Emory Luce Baldwin, LCMFT, family therapist, PEP leader and co-author of *Parenting with Courage and Uncommon Sense*

Sat, Mar 15 | 7 - 9 pm | #701

Do you and your child fight about screen time issues? How much time, what kind of media use, where to keep the devices and when to turn them off—how can families set reasonable limits, and how do they make those limits work? Watch a volunteer family work to resolve these dilemmas.

Whatever Happened to Childhood?

Moderator: Barbara Fairfield, LCMFT, Adlerian therapist

Fri, Feb 21 | 7:30 - 9:30 pm | followed by Q&A, 9:30 - 10 pm | #702

In a pressure-cooker culture, how can parents resist the competition treadmill and balance reasonable goals for their children with broader values such as family, community and healthy recreation? Moderator Barbara Fairfield will work with a family looking to reduce stress and enjoy life more.

POLICIES

Preregistration with full payment is required unless a payment plan or scholarship is arranged with the PEP office. There are no reduced rates for attending fewer sessions. Unless otherwise indicated PEP classes are for adults only. See PEPparent.org for a complete listing of policies.

CHILDCARE

Childcare may be available for a fee when indicated in the schedule. Call the PEP office at 301-929-8824 to register children and pay for children in childcare. PEP's policies on childcare and on bringing infants to class can be found at PEPparent.org/policies.html.

\$15 per child per session | \$10 per second child from same family per session

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 Q & A session about everyday parenting problems. Preregister by noon of the business day before the session. PEPparent.org for dates and times. **\$5 per person.**

EMERGENCY CLOSINGS

Check our website for the latest on weather closings.

PEP is a nonprofit and relies on donations. If you give through the United Way or CFC, please designate PEP. Thank you!

United Way # 8853

CFC # 25002

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



Winter 2014 Calendar

January	
Sat 11	Why Don't My Kids Listen?
Mon 6	PEP Core Classes Begin
Tues 28	Responsibility for School Stuff
Wed 29 - Mar 12	Positive Psychology
Thurs 30	Welcoming a New Sibling
February	
Mon 3	Planning for Safe Teen Driving
Wed 5	MCPS: Why Don't My Kids Listen to Me?
Wed 5 - 19	Limit Setting
Thurs 6	Getting Organized - DC 2
Sat 8	OFC: "Turn That Thing Off!"
Tues 11	Setting Limits with Young Children
Thurs 13 - 20	Backtalk
Wed 19	Stop the Yelling
Thurs 20	Dealing with Sibling Conflict - DC 2
Fri 21	No More Morning Mayhem
Fri 21	OFC: Whatever Happened to Childhood?
Sat 22	Encouragement for Extra-Challenging Children
Sun 23	Good Work! Raising Responsible Children
Mon 24	Challenging Behaviors in Young Kids - Gaith 2
Wed 26 - Mar 12	Managing Anger: A Parent's Guide
Thurs 27	Teaching Your Child to Meet Life's Challenges
March	
Mon 3	Why Won't Teens Do What You Tell Them - Gaith 1
Tues 4 - 18	Sensitive Subjects for Teens
Wed 5	Help! My Child Doesn't Sleep
Wed 5	MCPS: Raising "I Can" Kids
Wed 5 - 19	Managing Anger: A Parent's Guide
Thurs 6 - 20	Managing Anger: A Parent's Guide - DC 2
Sat 8	Can Do Kids Fair
Fri 14 - Sat 15	Couples Enrichment Mini-Retreat
Wed 19	Managing Internet Use
Fri 21	Putting a Damper on Whining

Course Locations

Courses are located in Kensington unless otherwise noted.

Kensington, MD 20895 - PEP
Parent Encouragement Program
10100 Connecticut Ave

Gaithersburg (1), MD 20878
St. Rose of Lima Parish
11701 Clopper Rd

Gaithersburg (2), MD 20877
Renaissance Art Center
9250 Gaither Rd

McLean, VA 22101
Montessori School of McLean
1711 Kirby Rd

Potomac, MD 20854
Julia Bindeman Center
11810 Falls Rd

Vienna, VA 22180
Green Hedges School
415 Windover Ave NW

Washington, DC (1) 20012
Lowell School
1640 Kalmia Rd, NW

Washington, DC (2) 20007
Temple Micah
2829 Wisconsin Ave, NW

Washington, DC (3) 20012
Washington Ethical Society
7750 16th St, NW

PEPSchedule

Classes and workshops for parents and couples **WINTER 2014**



FREE 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

Sat, Jan 11 | 3 - 4:30 pm

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.**

WHERE'S THE CLASS HELD?

Courses are located in Kensington unless otherwise indicated.

Can Do Kids Fair

Activities are designed for children age 3-10, with a parent



Sat, Mar 8 | 2:30 - 4:30 pm | general public
| 1:30 - 4:30 pm | PEP members

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.

\$15 person, max \$50 family | \$13.50 member, max \$45 member family

Thank you to



for sponsoring the Can Do Kids Fair.

For All Parents

Good Work! Raising Responsible, Contributing, Cooperative Children

For parents of children age 2-18

Presenter: Linda Jessup, MPH, FNP; founder of PEP; co-author of PEP's new book, *Parenting with Courage and Uncommon Sense*

Sun, Feb 23 | 3 - 5 pm

Tired of the chore wars? Wondering when, why or how to involve kids of all ages in the important work of the household? Learn practical tools to help children develop crucial life skills, connect with others, organize tasks, manage time, solve problems and set and meet deadlines—all with good cheer, creativity and even playfulness. **\$30 person | \$27 member**

Getting Organized: Where Do We Start?

For all parents

Thurs, Feb 6 | 7 - 9 pm | DC 2

Examine the common pitfalls in organizing life with growing children and learn how a smoothly operating household is not only a worthy goal but an achievable one.

\$30 person | \$27 member

Registration Online, Mail, Fax or Call

tel: **301.929.8824** (Md) | **703.242.8824** (Va)

fax: **301.929.8834**

Scholarships are available for class fees. Contact PEP office.

NAME/S	<input type="checkbox"/> Current Member
PHONE	E-MAIL
COURSE TITLE	# \$
COURSE TITLE or MEMBERSHIP	# \$
<input type="checkbox"/> Enclosed is a check payable to PEP for the total registration fees	
	\$

Parent Encouragement Program 10100 Connecticut Ave, Kensington, MD 20895



Educating parents. Enriching families.

301-929-8824 (Md) | 703-242-8824 (Va)

10100 Connecticut Ave, Kensington, MD 20895 | PEPparent.org

For All Parents

Parenting in Perspective: Empowering Yourself and Others

Prerequisite: More Tools for Parenting Preschoolers, PEP I or Thriving with Teens

Presenter: Linda Jessup, MPH, FNP; founder of PEP; co-author of PEP's new book, *Parenting with Courage and Uncommon Sense*

Tues, Jan 14 - Mar 11 | 7:30 - 9:30 pm | skips 1/21 | 8 weeks | #301  

Thurs, Jan 16 - Mar 6 | 9:45 - 11:45 am | 8 weeks | #302 

Use the concepts you learned in prior courses to gain insights into yourself, your values, your parenting and your own behavior. Learn practical and transformative ways to apply your PEP skills in the adult world. **\$217 person | \$195.30 member**

Managing Anger: A Parent's Guide

Wed, Feb 26 - Mar 12 | 7:30 - 9:30 pm | 3 weeks | #501

Wed, Mar 5 - 19 | 9:45 - 11:45 am | 3 weeks | #502

Thurs, Mar 6 - 20 | 7 - 9 pm | **DC 2** | 3 weeks | #503

Examine the real reasons parents get angry and learn how to change your thoughts, words and actions for more positive outcomes. Learn ways to help your kids, too. **\$90 person | \$81 member**

Stop the Yelling, Start the Cooperation

Wed, Feb 19 | 7:30 - 9:30 pm

\$30 person | \$27 member

Managing the Internet in the Age of Handheld Devices

For all parents whose children use mobile devices

Presenter: Alecia Berman-Dry, director of academic technology at St. John's Episcopal School, Olney

Wed, Mar 19 | 7:30 - 9:30 pm

\$30 person | \$27 member

Young Children

Parenting Preschoolers

For parents of children age 2 1/2-5

Tues, Jan 28 - Mar 18 | 9:30 - 11:30 am | 8 weeks | #411  

Thurs, Jan 23 - Mar 13 | 9:30 - 11:30 am | **Potomac** | 8 weeks | #412

Thurs, Jan 23 - Mar 13 | 7 - 9 pm | 8 weeks | #413 

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

More Tools for Parenting Preschoolers

For parents of children age 2 1/2-5

Prerequisite: Parenting Preschoolers



Thurs, Jan 23 - Mar 13 | 7 - 9 pm | 8 weeks | #421 

Tues, Jan 7 - Feb 25 | 9:45 - 11:45 am | 8 weeks | #422 

You've learned to view your child through a new lens, but the skills of parenting still take practice. Stock your toolbox with more ways to set limits and use consequences; help your child learn to self-regulate strong feelings; use positive discipline even with your extra-challenging child; and much more. **\$217 person | \$195.30 member • Text: \$15 | \$13.49 member**

"Can We Send It Back?" Welcoming a New Sibling

For parents of children age 1-12

Thurs, Jan 30 | 7:30 - 9:30 pm

\$30 person | \$27 member

Good Fences, Happy Families: Setting Limits with Young Children

For parents of children age 1 1/2-5

Tues, Feb 11 | 7:30 - 9:30 pm

\$30 person | \$27 member

Challenging Behaviors in Toddlers and Preschoolers

For parents of children age 1-5

Mon, Feb 24 | 7:30 - 9:30 pm

Gaithersburg 2

\$30 person | \$27 members

Help! My Child Doesn't Sleep!

For parents of children age 6 months-6 years

Presenter: Jessica Brodey, certified lactation counselor and maternity/child sleep consultant

Wed, Mar 5 | 7:30 - 9:30 pm

\$30 person | \$27 member

Elementary-Middle Schoolers

PEP I: Parenting 5 to 12 Year Olds



For parents of children age 5-12

Mon, Jan 13 - Mar 17 | 7:30 - 9:30 pm | skips 1/20, 2/17 | 8 weeks | #101

Thurs, Jan 16 - Mar 6 | 9:45 - 11:45 am | 8 weeks | #102 

Sat, Feb 15, 22 & Mar 8, 22 | 1 - 5 pm | **DC 3** | 4 weeks | #103

Do you wonder how to raise your children to be responsible, respectful and trustworthy—all while getting dinner on the table? Do you worry about cyberspace, peer pressure and other facts of modern life? Parenting, while it brings much joy, is hard work. This class will make it easier and much more satisfying by giving you a sound framework for positive parenting and proven skills to correct whining, backtalk, defiance and the whole range of misbehavior. Learn proven ways to be closer and have more fun as a family while also motivating your children to be more cooperative, self-disciplined and successful. **\$248 person | \$223.20 member • Text: \$15 | \$13.49 member**

PEP II: Next Steps for Parenting 5 to 12 Year Olds



For parents of children age 5-12

Prerequisite: More Tools for Parenting Preschoolers, PEP I or Thriving with Teens

Mon, Jan 13 - Mar 24 | 7:30 - 9:30 pm | skips 1/20, 2/17 | 9 weeks | #201

Tues, Jan 7 - Mar 18 | 9:45 - 11:45 am | skips 1/21 | 10 weeks | #202 

Wed, Jan 15 - Mar 19 | 7:30 - 9:30 pm | **DC 1** | 10 weeks | #203

Fri, Jan 10 - Mar 21 | 9:30 - 11:30 am | skips 1/31 | **McLean** | 10 weeks | #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**

Limit Setting

For parents of children age 5-12

Presenter: Steven J. Stein, LCPC, Adlerian therapist

Wed, Feb 5 - 19 | 9:45 - 11:45 am | 3 weeks

What's the trick to setting limits that hold steady through children's arguing and testing and parental fatigue? Examine why upholding clear rules and expectations is worth the effort, and learn a process for determining the right balance of freedom and responsibility. Participants can read the text, *Setting Limits with Your Strong-Willed Child* by Robert J. MacKenzie, in advance or pick it up at the first class. **\$90 person | \$81 member • Text: \$15.90 | \$14.31**

Backtalk: "How Dare You Speak to Me That Way!"

For parents of children age 5-14

Thurs, Feb 13 - 20 | 7:30 - 9:30 pm | 2 weeks

Tired of sarcasm, eye-rolling and profanity? Learn the reasons behind children's disrespectful behavior and a variety of effective responses to it that will build mutual respect and strengthen your relationship with each child. **\$45 person | \$40.50 member**

Helping Kids Take Responsibility for School Stuff

For parents of children age 5-18

Tues, Jan 28 | 7:30 - 9:30 pm

\$30 person | \$27 member

"But They're Hurting Each Other!" Dealing with Sibling Conflict

For parents of children age 4-12

Thurs, Feb 20 | 7 - 9 pm | **DC 2**

\$30 person | \$27 member

No More Morning Mayhem

For parents of children age 4-12

Fri, Feb 21 | 9:45 - 11:45 am

\$30 person | \$27 member

Encouragement for Extra-Challenging Children

For parents of children age 4-14

Presenter: Emory Luce Baldwin, LCMFT

Sat, Feb 22 | 7:30 - 9:30 pm

\$30 person | \$27 member

Everyday Courage: Teaching Your Child to Meet Life's Challenges

For parents of children age 5-12

Presenter: Emory Luce Baldwin, LCMFT, co-author of *Parenting with Courage and Uncommon Sense*

Thurs, Feb 27 | 7:30 - 9:30 pm

\$30 person | \$27 member

Putting a Damper on Whining

For parents of children age 2-12

Fri, Mar 21 | 9:45 - 11:45 am

\$30 person | \$27 member

Teens

Thriving with Teens



For parents of teens age 13-18

Fri, Jan 17 - Mar 21 | 9:30 - 11:30 am | 10 weeks

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**

Communicating with Teens and Talking About Sensitive Topics

For parents of teens age 13-18

Tues, Mar 4 - 18 | 7:30 - 9:30 pm | 3 weeks

Teens often seem to tune parents out and shut down. Your communication style greatly affects how much your teen hears on sensitive subjects, such as drug and alcohol use and sexual behavior. **\$90 person | \$81 member**

Planning for Safe Teen Driving

For parents with or without their teens 14 and up

Mon, Feb 3 | 7:30 - 9:30 pm

\$30 adult | \$15 teen

\$27 adult member | \$13.50 teen member

Why Won't Teens Do What You Tell Them to Do?

For parents of teens and tweens age 11-18

Mon, Mar 3 | 7 - 9 pm

Gaithersburg 1

\$30 person | \$27 member

For Adults

Positive Psychology

For all adults

Presenter: Steven J. Stein, LCPC, Adlerian therapist

Wed, Jan 29 - Mar 12 | 7:30 - 9:00 pm | 7 weeks | CE's available for counselors & therapists

Can we learn to be happier? Is a lasting state of optimism and enjoyment a teachable skill? Scientific research has answered those questions with a resounding "Yes." Learn how to use your innate character strengths for mental wellness and a flourishing life. This class is based on the Authentic Happiness program developed by Martin Seligman. **\$154 person | \$138.60 member • Text: \$16.96 | \$15.26 member**

Couples Corner

Couples Enrichment Mini-Retreat

For all couples in a committed relationship

Presenters: Barbara and Don Fairfield are a Certified Leader Couple from Better Marriages.org

Fri, Mar 14 | 7 - 10 pm **AND Sat, Mar 15** | 9 am - 4:30 pm

Experience improved couple dialogue, explore communication skills and enrich your level of intimacy. The format includes private couple conversation alternating with small-group sessions. **\$150 couple | \$135 member couple**



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

 Childcare available. See registration form for details.