



# parenting classes

for parents of infants through teens  
for adults, youth, couples, and families



## Fall 2011 schedule

### Parent Encouragement Program

10100 Connecticut Avenue  
Kensington, MD 20895

PEPoffice@aol.com  
301-929-8824 (MD)  
703-242-8824 (VA)  
PEPparent.org

Non-Profit Org.  
U.S. Postage  
PAID  
Silver Spring, MD  
Permit No. 6418

## NEW PEP WEBINAR

on  
Early Childhood

see page 2

### Why Don't My Kids Listen to Me?

FREE

For parents of children ages 2½-18 who have never taken a PEP course. 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.

Kensington, MD	Sat	3:00-4:30 pm	#801	9/10
Washington, DC #1	Thurs	7:30-9:00 pm	#802	9/22
Vienna, VA # 1	Sat	1:00-2:30 pm	#803	9/24
Silver Spring, MD	Sun	7:00-8:30 pm	#804	10/2

### Enrich Your Marriage!

FREE

For all couples in a committed relationship. Healthy marriages make for healthy families. Couples are invited to attend this workshop to learn more about ways to enrich their relationship. Learn how to dialogue effectively with your partner. Marriage enrichment leader couples will demonstrate specific techniques for better communication. Make it an evening with your partner to focus on one another. Led by Mary and Tim Hart, Better Marriages Chapter President-Couple plus other leader couples.

Co-sponsored by the Washington Area Chapter of Better Marriages

Free. Space is limited. Pre-register.

Kensington, MD	Sat	7:00-10:00 pm	#805	9/10
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### Hal Edward Runkel

Hal Edward Runkel, family therapist and parent of two teens, is the author of the groundbreaking *ScreamFree Parenting* and *ScreamFree Marriage* books. A popular speaker, he has made seven appearances on NBC's Today Show.

#### ScreamFree Parenting

Five Truths Every Parent  
Needs to Know

Tues, Nov 8, 2011

7:30 - 9:00 pm

\$25 / person

**For all parents.** Learn proven ways to stay calm and connected with your kids, even during the *most difficult* parenting moments.

**Bullis School**

10601 Falls Rd  
Potomac, MD 20854

#### Staying Calm Through Life's Challenges

Wed, Nov 9, 2011

9:30 - 11:30 am

\$50 / person

**For all adults.** An intensive and interactive session on ways to cope with challenges and revitalize relationships to bring about a renewed sense of peace, joy, and connection in your life.

**Women's Club of Chevy Chase**

7931 Connecticut Ave  
Chevy Chase, MD 20815

## PARENTS OF YOUNG CHILDREN

### Parenting Preschoolers A

For parents of children ages 2½-5. Learn to establish healthy relationship patterns with your children throughout the preschool years, including how to set firm and friendly limits, respond to problem behaviors, and promote cooperation and responsibility. (cc= Childcare offered. See p 4.)

\$217/person • PEP Members: 10% discount. Couples: 5% discount.

Text: *Positive Discipline for Preschoolers (3rd ed)* by Nelsen, Erwin & Duffy \$17.97 • PEP Members: \$16.18

Kensington Tues 9:45-11:45 am #411 8 wks cc **10/4-11/22**  
Kensington Tues 7:30-9:30 pm #412 8 wks cc **10/4-11/29** skip 11/8  
Kensington Thurs 7:00-9:00 pm #413 8 wks cc **10/6-12/1** skip 11/24

### Parenting Preschoolers B

For parents of children ages 2½-5. Continue your learning and practice of encouraging a "Can Do" mentality: understanding and changing patterns of misbehavior, setting limits and using consequences, training young children in social skills and self-sufficiency, and more.

Prerequisite: Preschoolers A or Preschoolers I

\$217/person • PEP Members: 10% discount. Couples: 5% discount.

Texts: *Positive Discipline for Preschoolers, 3rd ed*, by Nelsen, Erwin & Duffy \$17.97 • PEP Members: \$16.18  
*Children the Challenge* by Dreikurs \$16.96 • Members: \$15.27

Kensington Wed 7:30-9:30 pm #421 8 wks **10/5-12/7** skip 11/9 & 11/23

### "You're NOT the Boss of Me!" Power Tools for Power Struggles

For parents of children ages 2 - 5.

\$30/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Tues 7:30-9:30 pm #611 cc **12/13**

### WEBINAR: Broccoli & Bedtime: What To Do When You Can't Make Them Eat or Sleep **NEW**

For parents of children ages 0-4 who have not taken Preschoolers A. My toddler won't eat anything. My preschooler won't go to bed at night or get going in the morning. Sound familiar? This workshop introduces a toolbox of positive parenting techniques to meet common challenges of early childhood and to lay the foundation for raising responsible, cooperative, and confident children.

\$20/person • PEP Members: 10% discount.

Internet Wed 8:30-9:30 pm #612 **12/14**

### Encouraging Cooperation in Children with Special Needs

For parents of children ages 3-13. Learn to diagnose the causes of misbehavior and deal with them more calmly, effectively, and consistently; boost your child's confidence and sense of positive power and contribution; and increase harmony in your family.

\$90/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Wed 7:30-9:30 pm #505 3 weeks **11/2-11/16**

### Putting an End to Whining

For parents of children ages 2-12.

\$30/person • PEP Members: 10% discount. Couples: 5% discount.

DC #2 Fri 9:30-11:30 am #610 **12/9**

## PARENTS OF ELEMENTARY & MIDDLE SCHOOL AGE CHILDREN

### PEP I Becoming a More Encouraging Parent

For parents of children ages 5-12. Learn practical skills and gain insights into how to use positive, encouraging methods with your children to gain cooperation, foster respect and responsibility, set and uphold limits, and bring out the best in each child. (cc = Childcare offered. See p 4.)

\$248/person • PEP Members: 10% discount. Couples: 5% discount.

Text: *Children the Challenge* by Dreikurs \$16.96 • Members: \$15.27

#### MARYLAND

Kensington Tues 7:30-9:30 pm #101 10 wks cc **9/20-11/29** skip 11/8  
Silver Spring Thurs 9:45-11:45 am #102 8 wks **10/27-12/22** skip 11/24  
Kensington Fri 9:45-11:45 am #103 10 wks cc **9/23-12/9** skip 10/21 & 11/25

#### MARYLAND PEP I WEEKEND INTENSIVE

Kensington Sat 9 am - 5 pm #104 2 wks **10/22 & 11/5** skip 10/29

#### WASHINGTON, DC

DC #1 Thurs 7:30-9:30 pm #105 8 wks **10/20-12/15** skip 11/24

#### VIRGINIA

Vienna #1 Tues 9:30-11:30 am #106 8 wks **10/11-12/6** skip 11/8

### PEP II Putting Your New Skills to Work

For parents of children ages 5-14. PEP II builds on the skills developed in PEP I and is often retaken as a refresher course. The class features extensive skills practice and problem solving opportunities. (cc=Childcare offered. p 4.) Pre-requisite: Preschoolers B, PEP I, or Thriving with Teens.

\$248/person • PEP Members: 10% discount. Couples: 5% discount.

Text: *Positive Discipline (2006)* by Nelsen \$15.85 • Members: \$14.27

#### MARYLAND

Kensington Tues 7:30-9:30 pm #201 10 wks cc **9/20-11/29** skip 11/8  
Kensington Thurs 9:45-11:45 am #202 10 wks cc **9/22-12/8** skip 9/29 & 11/24

#### VIRGINIA

Herndon Tues 7:00-9:00 pm #203 10 wks **9/13-11/15**

### Limit Setting

For parents of children ages 5-12. Limits give children clear boundaries, teach acceptable rules and expectations, and balance freedom and responsibility. Learn how to set and uphold limits.

Presenter: Steven J. Stein, LCPC, Adlerian therapist, life coach

Text: *Setting Limits with Your Strong-Willed Child* by McKenzie \$15.90  
PEP Members: \$14.31 • Recommended to read before first class.

\$90/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Thurs 7:00-9:00 pm #506 3 weeks **12/1-12/15**

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

For parents of children ages 5-18. Learn why children engage in disrespectful talk, as well as strategies to reduce it and build stronger relationships.

\$60/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Wed 9:45-11:45 am #507 2 weeks **12/7-12/14**

### Motivating Children to Do Their Best

For parents of children ages 4-18.

\$30/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Wed 7:30-9:30 pm #604 **10/26**

### Morning Mayhem: Getting Going in the Morning

For parents of children ages 4-12.

\$30/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Thurs 7:30-9:30 pm #606 **11/3**

## Consequences: Effective Discipline Without Punishment

For parents of children ages 4-14.

\$30/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Tues 7:30-9:30 pm #609 12/6

See also Special Needs Kids (p 2), Whining (p 2), Teen Brain (p 3)

## PARENTS OF TEENS

### Thriving With Teens

For parents of teens ages 13-18. This class incorporates most of the concepts used in PEP I and PEP II in ways designed to meet the distinct and varied needs and challenges faced by parents of teens. (cc = Childcare offered. See p 4.)

\$248/person • PEP Members: 10% discount. Couples: 5% discount.

Text: *Positive Discipline for Teenagers* by Nelsen & Lott

\$17.97 • Members: \$16.18

#### MARYLAND

Kensington Wed 7:30-9:30 pm #431 10 wks 9/21-12/7 9/28, 11/23

Kensington Fri 9:30-11:30 am #432 10 wks cc 9/23-12/9 skip 10/21 & 11/25

#### VIRGINIA

Vienna #2 Wed 7:00-9:00 pm #433 10 wks 10/5-12/14 skip 11/23

### Moving Beyond Grunts, Shrugs & I Dunnos: Communicating with Teens

For parents of teens ages 13-18.

\$30/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Wed 7:30-9:30 pm #602 10/19

### Planning for Safe Teen Driving

For parents with or without their teens, ages 14 and up.

\$30/adult, \$15/teen • PEP Members: 10% discount. Couples: 5% discount.

Kensington Thurs 7:30-9:30 pm #605 10/27

### "What Were You Thinking?!" The Teen Brain

For parents of children ages 11-18.

\$30/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Wed 7:30-9:30 pm #608 11/30

See also PEP II (p 2), Backtalk (p 2), Motivating Children (p 2)

## ALL PARENTS

### PEP III Expanding Your Understanding

For all parents. 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. Prerequisite: PEP I or Thriving With Teens

\$217/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Thurs 9:45-11:45 am #301 8 wks cc 10/6-12/1 skip 11/24

### Adlerian Theory: Understanding Self & Others

For all adults. Based on the theoretical constructs underlying PEP's approach, this course is designed for anyone who wants to enrich their understanding of human behavior, develop an Adlerian perspective, and move towards the life they want to lead. CEs: Continuing education credits available.

Presenter: Steven J. Stein, LCPC, Adlerian therapist, life coach

Text: *A Primer of Adlerian Psychology* by Mosak & Maniaci

\$42.35 • PEP Members: \$38.12

\$190/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Wed 9:30-11:30 am #440 7 wks 10/5-11/30 skip 11/9, 11/23

## Raising Children to Be Resilient

For all parents. 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 • PEP Members: 10% discount. Couples: 5% discount.

Kensington Tues 7:30-9:30 pm #501 4 wks cc 10/11-11/1

## Managing Anger: A Parent's Guide

For all parents. Why do we lose our tempers over some issues and not others? Can we really control our anger? How? Learn the answers to these questions and ways to change what you think, say, and do to express your concerns in more positive, effective ways. This seminar will also offer ways to help our children learn coping strategies and techniques. (cc=childcare)

\$90/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Tues 7:30-9:30 pm #502 3 wks cc 11/15-11/29

DC#1 Wed 9:30-11:30 am #503 3 wks 11/30-12/14

Kensington Tues 9:45-11:45 am #504 3 wks cc 12/6-12/20

## What's Eating Your Child? The Hidden Connection Between Food & Childhood Ailments

For all parents.

Presenter: Kelly Dorfman, nutritionist, dietician, and author

\$30/person • PEP Members: 10% discount. Couples: 5% discount.

Kensington Tues 7:30-9:30 pm #601 10/18

## FAMILIES

### Family Council Workshop

For all family members, ages 6 and up.

Prerequisite: Preschoolers B, PEP I, or Thriving With Teens.

\$95/family • PEP Members: 10% discount.

Kensington Sat 1:00-3:30 pm #607 11/12

**Open Forum Counseling** For all parents. For children ages 9 & up with their parents. A family works with an Adlerian moderator to educate the audience using real-life challenges. Members of the demonstration family may be younger than 9. (Childcare offered for children under 9. See p 4.)

Fee per session: \$12/adult, \$5/child (ages 9 & up), PEP Members: free

### They're At It Again: When Siblings Fight

**Moderator:** Barbara Fairfield, LCMFT, Adlerian therapist

Kensington Fri 7:30-9:30 pm cc #701 10/21

### "Can't I Get Some Help Around Here?"

**Moderator:** Emory Luce Baldwin, LCMFT, family therapist, PEP leader

Kensington Sat 6:30-8:30 pm cc #702 11/19

## COUPLES

### Conflict Resolution in Intimate Relationships

For any couple in a committed, intimate relationship.

Presenters: Barbara & Don Fairfield, certified marriage enrichment couple

\$88/couple • PEP Members: 10% discount.

Kensington Sat 7:00-10:00 pm #603 10/22

See also Enrich Your Marriage (p. 1)

# pepcalendarfall2011

DAY	DATES	TOPIC	COURSE #	PG
<b>SEPTEMBER</b>				
Sat	9/10	Why Don't My Kids Listen? - Kensington	801	1
Sat	9/10	Enrich Your Marriage	805	1
Thurs	9/22	Why Don't My Kids Listen? - DC	802	1
Sat	9/24	Why Don't My Kids Listen? - Virginia	803	1
<b>OCTOBER</b>				
Sun	10/2	Why Don't My Kids Listen? - Silver Spring	804	1
Wed	10/5-11/30	Adlerian Theory	440	3
Tues	10/11-11/1	Raising Children to Be Resilient	501	3
Tues	10/18	What's Eating Your Child?	601	3
Wed	10/19	Communicating With Your Teen	602	3
Fri	10/21	OFC: When Siblings Fight	701	3
Sat	10/22	Couples Conflict	603	3
Wed	10/26	Motivating Children	604	2
Thurs	10/27	Safe Teen Driving	605	3
TUES	11/8	Runkel: ScreamFree Parenting	901	1
WED	11/9	Runkel: Staying Calm Through Challenges	902	1
<b>NOVEMBER</b>				
Wed	11/2-11/16	Cooperation in Kids with Special Needs	505	2
Thurs	11/3	Morning Mayhem	606	2
Sat	11/12	Family Council Workshop	607	3
Tues	11/15-11/29	Managing Anger	502	3
Sat	11/19	OFC: Can't I Get Some Help Here?	702	3
Wed	11/30-12/14	Managing Anger	503	3
Wed	11/30	Teen Brain	608	3
<b>DECEMBER</b>				
Thurs	12/1-12/15	Limit Setting	506	2
Tues	12/6-12/20	Managing Anger	504	3
Tues	12/6	Consequences: Effective Discipline	609	3
Wed	12/7-12/14	Backtalk	507	2
Fri	12/9	Putting an End to Whining	610	2
Tues	12/13	Power Tools for Power Struggles	611	2
Wed	12/14	WEBINAR: Challenges of Early Childhood	612	2

## POLICIES

**PRE-REGISTRATION:** Pre-registration with full payment is required, unless a payment plan has been arranged with the PEP office.

**DISCOUNTS:** See [www.PEPparent.org](http://www.PEPparent.org) for additional information on discount fees. PEP Members receive a 10% discount on all programs and books unless otherwise noted. Couples attending the same class who are from the same household or who co-parent receive a 5% discount. PEP member couples take the 5% discount off the member price.

**PAYMENT PLANS & SCHOLARSHIPS:** Call the PEP office for information.

**CANCELLATION:** PEP reserves the right to cancel any program with fewer than ten participants. If so, registration and childcare fees will be refunded.

**TUITION REFUNDS:**  
 6 - 10 Session Classes: Cancellations made at least 48 hours before the first class will receive a refund minus an administrative fee of \$15 per person per course. Withdrawals after that, but before the second class, will receive a refund of 75% of the tuition. There will be no refunds after the second class.  
 1 - 4 Sessions: Registrations cancelled at least 48 hours in advance of the event will receive a refund minus a \$10 per person administrative fee for two- to four-session seminars and a \$5 per person administrative fee for one-session events. There will be no other refunds.  
 2-day Intensive Courses: The 48 hour rule applies. There will be no other refunds.

**ABSENCES:** See [www.PEPparent.org](http://www.PEPparent.org) for policies on absences.

## CHILDCARE

cc = Childcare may be available only when indicated in the schedule. Register **at least one week in advance**. If registering within one week of class, call the PEP office for childcare status.

Call the PEP office before registering for babies younger than 1 year or for information about PEP's policy of keeping infants in class with parents.

**Cancellation:** If a sitter is not available, the class is cancelled, or the minimum for childcare has not been met, all fees paid will be refunded.

Refunds for childcare are given only if requested 7 or more days before the start of the event.

10 week classes: \$120/first child; \$80/each additional child in same family  
 8 week classes: \$96/first child; \$64/each additional child in same family  
 Shorter events: \$12/week/first child; \$8/week/additional child same family

## registration

fall 2011

MAIL, FAX, OR CALL tel: 301.929.8824 fax: 301.929.8834

Name(s) \_\_\_\_\_

Address \_\_\_\_\_

Phone (h) \_\_\_\_\_ (cell) \_\_\_\_\_

Phone (w) \_\_\_\_\_ Email \_\_\_\_\_@\_\_\_\_\_

### C O U R S E / W O R K S H O P

# \_\_\_\_\_ Title \_\_\_\_\_ \$ \_\_\_\_\_

# \_\_\_\_\_ Title \_\_\_\_\_ \$ \_\_\_\_\_

# \_\_\_\_\_ Title \_\_\_\_\_ \$ \_\_\_\_\_

Course subtotal \$ \_\_\_\_\_

PEP Members: subtract 10% discount -\$ \_\_\_\_\_

New subtotal (if receiving PEP Member Discount) \$ \_\_\_\_\_

If taking course as a couple: subtract 5% discount -\$ \_\_\_\_\_

**Course Total:** \$ \_\_\_\_\_

Book(s): \_\_\_\_\_ \$ \_\_\_\_\_

Childcare: Name: \_\_\_\_\_ Age: \_\_\_\_\_

Name: \_\_\_\_\_ Age: \_\_\_\_\_ \$ \_\_\_\_\_

Membership Payment:  New  Renew \$ \_\_\_\_\_

Tax-Deductible Donation: \$ \_\_\_\_\_

### P A Y M E N T

AMOUNT ENCLOSED \$ \_\_\_\_\_

Check: payable to PEP  Charge: Discover/Mastercard/Visa

Acct # \_\_\_\_\_

Exp. \_\_\_\_/\_\_\_\_ Signature: \_\_\_\_\_

## MEMBERSHIP

PEP family and professional memberships 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

## Members Support Sessions

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](http://PEPparent.org) for dates and times.

## COURSE LOCATIONS

### VIRGINIA

**Herndon 20170**  
 Montessori Peace School  
 730 Jackson Street

**Vienna #1 22180**  
 Green Hedges School  
 415 Windover Avenue, NW

**Vienna #2 22182**  
 Joyce Kilmer Middle School  
 8100 Wolftrap Road

### MARYLAND

**Kensington 20895 (PEP)**  
 Parent Encouragement Program  
 10100 Connecticut Avenue

**Chevy Chase 20815**  
 Women's Club of Chevy Chase  
 7931 Connecticut Avenue

**Potomac 20854**  
 Bullis School  
 10601 Falls Road

**Silver Spring 20910**  
 Crossings, A Center for the Healing Traditions  
 8505 Fenton Street

### WASHINGTON

**DC #1 20007**  
 Temple Micah  
 2829 Wisconsin Avenue, NW

**DC #2 20003**  
 Hill Center at the Old Naval Hospital  
 921 Pennsylvania Avenue, SE