



YMCA Youth & Family Services

Parenting Programs: Fall 2011

Registration and Information:

Call (301) 229-1347 or email: parenting@ymcadc.org

Y's Words: Library Workshops Free, Donations appreciated.

Homework Hassles: Encouraging Student Responsibility Two sites

Would you like to get organized for the coming school year with a new and improved homework plan?

- create a family homework policy
- develop positive study habits
- side-step power struggles over homework
- advocate with school staff to make homework productive for your child

Wednesday, August 24, 7:00—9:00 p.m. Silver Spring Library, 8901 Colesville Rd., Silver Spring

Wednesday, September 14, 7:00 - 9:00 p.m. Davis Library, 6400 Democracy Blvd., Bethesda

Ending Power Struggles Without Casualties Two sites

Giving in or fighting tends to increase the child's or teen's desire for power. Come and learn new approaches that will change the patterns of interaction and develop cooperation within the family.

Thursday, September 8, 7:00 – 9:00 p.m. Bethesda Library, 7400 Arlington Rd., Bethesda

Thursday, September 22, 7:00 – 9:00 p.m. Long Branch Library, 8800 Garland Avenue, Silver Spring

Promote Honesty: Dealing with Lying, Stealing and Sneaky Behavior

Trust is critical in all relationships. How do we develop trust in our children? How do we build it back once it has been damaged? How can parents react to show the seriousness of these behaviors without losing their cool, shutting down communication or being manipulated?

Monday, September 19, 7:00 - 9:00 p.m. Potomac Library, 10101 Glenolden Dr., Potomac

What to Do When Kids Fight: Sibling Rivalry

Get into your kids' heads to understand their feelings of competition and jealousy. Parents will learn strategies to lessen the intensity of the conflicts and the unhappy feelings.

Monday, September 26, 7:00 - 9:00 p.m. White Oak Library, 11701 New Hampshire Avenue, Silver Spring

Y's Words: Parenting Classes

Parenting Children

Parents will learn to identify the purposes of a child's misbehavior and develop effective discipline and encouragement strategies for positively redirecting these behaviors. Skills include: Developing effective consequences, structuring choices, and ending power struggles.

Required text, available first night: \$20; class fee: \$30.

Wednesdays, October 5 – November 9, 7:00 – 8:30 p.m.

YMCA Ayrilawn Program Center, 5650 Oakmont Ave., Bethesda

Parenting Teens

A down-to-earth and practical way to meet the challenges of raising teenagers. The group discussion format teaches skills to help improve parent/teen relations; develop teen self-esteem and self-reliance; and promote responsible teen behavior at home, school and in the community.

Required text, available first night: \$20; class fee: \$30.

Thursdays, October 6 – November 10, 7:00 – 8:30 p.m. United Church of Christ, 9525 Colesville Rd, Silver Spring

SUBURBAN HOSPITAL Seminar

Honey, I Wrecked the Kids with Alyson Schafer

For parents who have tried every parenting trick in the book but nothing seems to be working. In fact, you're pretty sure they are making matters worse! "Why won't they do as I say?" "Why do I lock horns with my kids?" Alyson Schafer uses visual props and humor to help parents understand how they unwittingly trigger power struggles and learn a four step method moving from conflict to cooperation.

Thursday, October 20, 7:00 – 9:00 p.m. Registration begins at 6:30p.m.

Suburban Hospital Auditorium: 8600 Old Georgetown Road, Bethesda

Registration: \$15/person, \$25/couple. Call 301-896-3939

OCC Clock Hours and Maryland Board of Social Work Examiners CEUs available: \$10 fee.

Friday, October 21, 9:00 am – 12:00 pm, 3 hour Continuing Education Workshop for Professionals

For more information call 301-229-1347 or email parenting@ymcadc.org

Proceeds fund the prevention services of YMCA Youth & Family Services.