



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Parenting Programs

YMCA Youth & Family Services

Summer 2011

Registration and Information:

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

Y's Words: Parenting Classes

Funtastic Family Fun

For the whole family - A three part get-together for families. For parents and kids!
Appropriate for children ages 5 and up.

- Learn about each other,
- Develop skills in communication, decision-making, problem-solving and assuming responsibility,
- Strengthen mutual respect in family relationships.

Session 1: Thursday, June 16

Understanding Private Logic and Purposive Behavior: Jokes, Games and Experiential Exercises

Session 2: Thursday, June 23

The Art of Encouragement: Mobile Challenge Course

Session 3: Thursday, June 30

Power! Power! Power! Learning Ways to Have Power in Useful Ways

Registration required. Participants may attend any number of the three sessions. \$10/session

7:00—8:30 p.m. YMCA Ayrilawn Program Center, 5650 Oakmont Ave, Bethesda

Family Anger Issues Four-session class

This class will help parents and family members understand their own and their family members' intense feelings. Parents and teens are invited to join this class. Topics include:

- Parent-child/teen issues: power struggles and emotional outbursts
- Child-child issues: sibling rivalry, dealing with conflicts
- Prevention strategies: trigger thoughts, temperament issues
- Looking for patterns and creating strategies for change

Must register for and attend all four sessions.

Class fee: \$30, Book fee: \$20

Thursdays, July 14 – August 4, 7:00 – 9:00 p.m. United Church of Christ, 9525 Colesville Road, Silver Spring

Y's Words: Parenting Workshop

Homework Hassles: Encouraging Student Responsibility

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

Free. Donations appreciated.

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