



presented by

Chevy Chase
United
Methodist
Church &
Preschool

7001 Connecticut Ave
(across from 4-H Center)

in collaboration with

Parent
Encouragement
Program (PEP)

Class schedules at
PEPparent.org.

Follow us on Facebook or
Twitter for parenting tools,
tips, and talk.

PEP, a local
nonprofit established
in 1982, teaches parenting
classes to
over 4,000 parents
and caregivers a year.

Parenting Workshops at CCUMC

Positive Discipline

May 4 / 10 am

Move away from punishment and toward using encouragement, consequences, limits and agreements, for an approach to discipline that stimulates cooperation and self-restraint.

Power Tools for Power Struggles

May 11 / 10 am

Frequent power struggles, whether between adults or between parents and children, impact relationships. Learn what happens when a conflict develops and gain some insights into redirecting that energy in ways that tend to solve problems and bring people closer.

Raising "I Can" Kids

May 18 / 10 am

A child's "I Can Quotient" is Betty Lou Bettner and Amy Lew's term for a more useful measure than the traditional IQ. It includes the qualities that predict a child's ability to thrive in life. Learn strategies to increase your child's sense of feeling connected, capable, competent and courageous.

\$5 if you preregister OR \$10 at the door
Register at eventbrite.com (Search for CCUMC)

Buy your tickets now!

Free Childcare Available

For more than 30 years, PEP has offered positive parenting education and support to parents throughout the DC region. Like all PEP programs, these talks will give you insights into ways to use positive, encouraging methods with children that gain cooperation, teach respect and responsibility, and bring out the best in you and your child.

301.929.8824

PEPparent.org