PEP, a local nonprofit organization, provides classes for parents and caregivers with children of all ages throughout the Washington, DC, metropolitan area. The fall class schedule is now available at http://pepparent.org/. Check out these classes and more!

Parenting Preschoolers
You work hard to give your children all that they need to thrive. Wouldn't it be great if your job could be easier ~ and you could feel more effective as a parent and satisfied with your family life? Learn how to set firm and friendly limits, respond to problem behaviors, and promote cooperation and responsibility. Check out PEP's Parenting Preschoolers class at http://pepparent.org/classes-programs/parenting-young-children/parenting-preschoolers/

PEP I: Parenting 5 to 12 Year Olds

Are you struggling with your child's behavior? Tired of yelling, threatening or bribing, or just looking for some new strategies? Learn 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. Check out PEP I: Parenting 5 to 12 Year Olds at http://pepparent.org/classes-programs/parenting-school-age-children/pep-i-parenting-5-to-12-year-olds/

Thriving with Teens
Wishing for a better relationship with your teen? Wondering where to start? You're not alone. Learn proven, positive strategies to parent teenagers effectively in the midst of their peers, media, the Internet, and their own adolescent development. Check out PEP's Thriving with Teens class at http://pepparent.org/classes-programs/parenting-teens/thriving-with-teens/

Free Parenting Workshop: “Why Don’t My Kids Listen to Me?”

For parents of children age 2½-18 who have never taken a PEP course. Sat, Sept 6, 3-4:30 pm at PEP, Kensington; Mon, Sept 8, 7:30-8:45 pm, at Kidville, Bethesda; Mon, Sept 15, 7:30-9 pm, at Bells Mill ES, Potomac; Fri, Sept 19, 9:30-11 am, at Montessori School of McLean, McLean. Free; space is limited and preregistration required. 301-929-8824. http://pepparent.org/

*Visit [http://pepparent.org](http://pepparent.org/%22%20%5Ct%20%22_blank) or call 301-929-8824 to register or for more information.*

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Elizabeth Gelfeld

PEP Parent Educator & Class Marketing Coordinator

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