



Parent
Encouragement
Program



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

Spring 2018
Class Schedule at
www.PEPparent.org

"PEP classes were recommended to me years ago by a therapist as a good option for D.C.-area parents, and they've just begun making their offerings available online." -- Carolyn Hax, Washington Post

Spring 2018 Parenting Classes at Grace Episcopal School

PEP's parenting classes are where parents learn *why* kids misbehave, *how* to use positive discipline to build mutual respect and cooperation, and *what to do* when you're stuck.

The Truth About Consequences: Effective Discipline without Punishment

Monday, April 16 / 7:00 - 9:00 pm / \$35

Developing a Grit and Growth Mindset

Monday, April 30 / 7:00 - 9:00 pm / \$35

Managing Anger: A Parent's Guide

Tuesdays, May 8 - 29 (Skips 5/15)
7:00 - 9:00 pm / \$98 for 3 weeks

Register at www.pepparent.org

**Special 15% Discount on these classes for
Grace Episcopal / Oneness Family School parents**

Use code PARTNERS18

301.929.8824

10100 Connecticut Avenue
Kensington, MD

www.PEPparent.org