



Spring 2010: Registration and Information:
Call (301) 229-1347 or email: parenting@ymcadc.org

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

Parenting as a Team

Is divide and conquer a favorite strategy in your family? Most couples find that raising children brings up areas of conflict. This workshop will address recognizing these differences, looking at the roots of these different viewpoints and coming up with a cooperative plan so that you can present a united front.

Wednesday, March 3, 7:00 - 9:00 p.m. Free. Donations appreciated. Potomac Library, 10101 Glenolden Dr., Potomac

Mastering the Art of Encouragement

Are you looking for alternatives to threats and bribes? This program will help parents develop positive strategies for building cooperation and setting limits with respect.

Monday, March 8, 7:00 - 9:00 p.m. Free. Donations appreciated. Silver Spring Library, 8901 Colesville Rd., Silver Spring

Helping Kids Deal with Anger

Anger is good for identifying problems but not good for solving them. This workshop will address ways parents can help their children recognize early warning signs and develop strategies for dealing with their anger in a positive way.

Wednesday, March 17, 7:00 - 9:00 p.m. Free. Donations appreciated. Bethesda Library, 7400 Arlington Rd., Bethesda

Getting Up and Out (and other scheduling torments)

This parenting workshop will explore simple techniques for adding structure to your family's day around the issues of getting up and out, homework, chores, dinner and bedtime.

Monday, March 22, 7:00 - 9:00 p.m. Free. Donations appreciated. Davis Library, 6400 Democracy Blvd., Bethesda

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.

Tuesdays, April 13 - May 18, 7:00 - 8:30 p.m. YMCA Ayr lawn 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, April 15 - May 20, 7:00 - 8:30 p.m. United Church of Christ, 9525 Colesville Road, Silver Spring

SUBURBAN HOSPITAL Seminar

When Kids Don't Try with Emory Luce Baldwin

Many parents and professionals are keenly frustrated and disappointed when they know that their children can do it, but they don't even try! Fortunately, there are proven ways to encourage a child or teen to make more of an effort. Emory Luce Baldwin, LCMFT, will share the most effective strategies for encouraging children. She will also help you understand why reminders, cajoling, rewards, and punishments can actually reduce a child's own motivation for success.

Traducción al Espanol disponible

\$15/person, \$25/couple. Fee Waivers available.

All proceeds fund the prevention services of YMCA Youth & Family Services.

Thursday, April 22, 7:00 - 9:00 p.m., Registration begins at 6:30p.m.

Suburban Hospital Auditorium: 8600 Old Georgetown Road, Bethesda

Registration for this workshop only: 301-896-3939, option 2 or email soc@suburbanhospital.org

CEUs, Maryland Board of Social Workers, 2 hours, \$10 fee

Office of Child Care Clock hours (2), \$10 fee. Call 301-229-1347 for more info. Approval pending.

Reasonable disability accommodations available on request. Please contact Pam Mintz at (301) 229-1347 by April 12.

These materials are neither sponsored nor endorsed by the Board of Education of Montgomery County, the superintendent, or this school.