



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth & Family Services

Parenting Programs: Winter 2012

Registration and Information:

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

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

Helping Kids Deal with Anger TWO locations

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, January 11, 7:00 - 9:00 p.m. Davis Library, 6400 Democracy Blvd., Bethesda

Monday, January 23, 7:00—9:00 p.m. Silver Spring Library, 8901 Colesville Rd., Silver Spring

Ten Reasons Children Don't Succeed... and Eleven Things Parents Can Do TWO locations

Come to this parenting skills workshop to discover common pitfalls of parenting that deprive children of the opportunity to succeed with daily tasks of living. Parents will learn strategies for helping kids become more confident, courageous, capable and caring.

Thursday, January 19, 7:00 - 9:00 p.m. Bethesda Library, 7400 Arlington Rd., Bethesda

Thursday, January 26, 7:00 - 9:00 p.m. Long Branch Library, 8800 Garland Avenue, Silver Spring

Raising Responsible Children: teaching accountability through chores and allowance

This parenting workshop will address: getting children's cooperation with chores, instituting a plan for allowance, and setting limits that hold kids accountable.

Monday, January 23, 7:00 - 9:00 p.m. Potomac Library, 10101 Glenolden Dr., Potomac

Understanding what Motivates Kids

What are the factors that motivate people to achieve? How can parents encourage their children and teens to skillfully complete homework and strive for excellence at school and in other areas such as the arts and sports.

Monday, January 30, 7:00 - 9:00 p.m. White Oak Library, 11701 New Hampshire Avenue, Silver Spring

Y's Words: Parenting Classes new fee policy

Parenting Children Six sessions

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, suggested donation \$30/person, no one will be turned away

Thursdays, February 2 - March 8, 7:00 - 8:30 p.m. United Church of Christ, 9525 Colesville Rd, Silver Spring

Parenting Teens Six sessions

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, suggested donation \$30/person, no one will be turned away

Wednesdays, February 8 - March 14, 7:00 - 8:30 p.m.

YMCA Ayrilawn Program Center, 5650 Oakmont Ave., Bethesda

Family Anger Issues Four sessions

This class will help parents understand their own and their family members' intense feelings. Topics include:

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

Required text available first night: \$20, suggested donation \$30/person, no one will be turned away

Wednesdays, January 25- February 15, 7:00 - 8:30 p.m.

YMCA Ayrilawn Program Center, 5650 Oakmont Ave., Bethesda

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