

pep



presented by

Beall ES  
PTA

in collaboration with

the Parent  
Encouragement  
Program (PEP)

Class schedules at  
[www.PEPparent.org](http://www.PEPparent.org)  
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PEP, a local  
nonprofit established  
in 1982, teaches  
parenting classes to  
over 4,000 parents  
and caregivers a year.

# Parenting Talks

## Raising “I Can” Kids

Tuesday, March 7, 2017  
7 - 8 p.m.

A child’s “I Can Quotient” is a more important indicator of being able to thrive in life than the traditional IQ. Learn strategies to increase your child’s sense of feeling connected, capable, competent and courageous.

## Positive Discipline

Tuesday, May 2, 2017  
7 - 8 p.m.

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

For more than 30 years, PEP has offered positive parenting education and support to parents throughout Montgomery County, Northern Virginia and Washington, DC. Like all PEP programs, this talk 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

[www.PEPparent.org](http://www.PEPparent.org)