



## YMCA Youth & Family Services Y's Parenting Fall 2009



### **Back Talk, Eye Rolls and Attitude: Taking the Dis out of Disrespect**

Are you getting a lot of "attitude" from your kids? Do you ignore it or confront it? Are you concerned about how children treat each other? This parenting workshop will address how to respond to disrespect and how to build respectful relationships.  
Monday, August 24, 7:00-9:00 p.m. FREE, Donations appreciated. Silver Spring Library, 8901 Colesville Rd., Silver Spring

### **How to Say No to Teens and Tweens Guest Speaker: Donna Duquette, family mediator**

Do you ever find yourself facing a brick wall or surrendering to requests because you're weary or unsure how to say no? A conflict resolution professional will offer guidance on (1) how to speak in a way that your kids are more likely to hear, (2) how to encourage your kid to talk with you, and (3) how to say "no" in a way that promotes cooperation. *Traduccion al Espanol disponible*  
Thursday, September 10, 7:00 – 9:00 p.m. FREE, Donations appreciated. Bethesda Library, 7400 Arlington Rd., Bethesda

### **Homework Hassles: Encouraging Student Responsibility**

This workshop will discuss developing positive study habits, side-stepping power struggles over homework, defining how much a parent should do to help, and collaborating with school staff.  
Monday, September 14, 7:00–9:00 p.m. FREE, Donations appreciated. Davis Library, 6400 Democracy Blvd., Bethesda

### **Promote Honesty: Dealing with Lying, Stealing and Sneaky Behavior**

Trust is critical in all relationships. How do we develop trust in our children? How do we build it back once it has been damaged? How can parents react to show the seriousness of these behaviors without losing their cool, shutting down communication or being manipulated?  
Monday, September 21, 7:00 - 9:00 p.m. *Traduccion al Espanol disponible* FREE. Potomac Library, 10101 Glenolden Dr., Potomac

### **Contienda de Deberes de la escuela: Estimular Responsabilidad en el Estudiante**

Este seminario discutirá el desarrollo positivo de los hábitos de estudio, pasos para evadir la contienda de los deberes, definición de cuánto deben los padres hacer para ayudar, y colaboración con el personal de la escuela.

**Este taller será en español.** Registración/información en español: (301) 252-4154

Miércoles 16 de septemer, 7:00 – 9:00 p.m. Gratis. *Se agradecen donaciones.*

Biblioteca de Long Branch, 8800 Garland Ave, Silver Spring

### **RESPETO: cómo manejar la actitud negativa.**

¿Está observando mucha 'actitud' negativa en sus niños? Este taller le ayudará a manejar respuestas contradictorias, la conducta insolente, el lenguaje inadecuado y los comportamientos no cooperativos. Se discutirán las estrategias para construir un ambiente familiar más respetuoso.

**Este taller será en español.** Registración/información en español: (301) 252-4154

Miércoles 30 de septemer, 7:00 – 9:00 p.m. Gratis. *Se agradecen donaciones.*

Biblioteca de White Oak, 11701 New Hampshire Ave, Silver Spring

### **Y's Words: 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.

Mondays, October 5 – November 9, 7:00 – 8:30 p.m. YMCA Aylawn Program Center, 5650 Oakmont Ave., Bethesda

### **Y's Words: 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, October 8 – November 12, 7:00 – 8:30 p.m. United Church of Christ, 9525 Colesville Road, Silver Spring

**Registration and Information:** Call (301) 229-1347 or email: [parenting@ymcadc.org](mailto:parenting@ymcadc.org)

### **SUBURBAN HOSPITAL Seminar**

#### **Cyber Bullying: Bullying in the Digital Age**

Dr Agatston is co-author of the book, *Cyber Bullying: Bullying in the Digital Age* and *Cyber Bullying Curriculum for Grades 6 – 12 and the Cyber Bullying Prevention Curriculum for Grades 3 - 5*. Dr. Agatston is a nationally certified trainer and technical assistance consultant for the Olweus Bullying Prevention Program. She was a participant in the CDC's Expert Panel on Electronic Media and Youth Violence, and has presented nationally and internationally on cyber bullying. *Traduccion al Espanol disponible*

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

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

**Thursday, October 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](mailto: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. Reasonable disability accommodations available on request. Please contact Pam Mintz at (301) 229-1347 by October 15.

*To foster the spiritual, mental and physical development of individuals, families, and communities according to the ideals of inclusiveness, equality and mutual respect for all.*

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