



YMCA Youth & Family Services

Y's Parenting



Summer PARENTING CLASSES AND WORKSHOPS 2009

Family Anger Issues Four-session class

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

Must register for and attend all four sessions.

Class fee: \$30 Book fee: \$20

Thursdays, July 9 - 30, 7:00 – 9:00 p.m. United Church of Christ, 9525 Colesville Road, Silver Spring

The Family: Training for Life

For the whole family - A three part clinic for effective family meetings. Kids welcome!

- Learn how and why to hold family meetings,
- Help children develop skills in communication, decision-making, problem-solving and assuming responsibility,
- Stimulate mutual respect among family members.

Session 1: Getting Started

What is a family meeting?
Why have family meetings?
How does it work?
How do we begin?

Session 2: After your first meeting

Firming up the ground rules
What went well?
Any concerns?
Ways to improve

Session 3: Tune-up/Celebration

Check up on leadership
Keeping things on target
Cooperative games

Registration required. Participants may attend any number of the three sessions. \$10/session

Wednesdays, June 24 – July 8, 7:00—8:30 p.m. YMCA Ayrilawn Program Center, 5650 Oakmont Ave, Bethesda

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.

Traducción al Espanol disponible

Monday, August 24, 7:00-9:00 p.m. FREE, Donations appreciated

Silver Spring Library, 8901 Colesville Rd., Silver Spring

Registration and Information: Call YMCA Youth & Family Services
(301) 229-1347 or email parenting@ymcadc.org

*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.ymcadc.org

