



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

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 Rd, 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.

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