



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

 **Words: Library Workshops Free, Donations appreciated.**

Dealing with a Strong Willed Child

Do you sometimes feel your child is more determined, more sensitive, more argumentative, more volatile than others? Come and learn how to turn these strong characteristics into positive attributes and make day to day family living more tranquil.
Monday, January 11 7:00 - 9:00 p.m. Free. Donations appreciated. Silver Spring Library, 8901 Colesville Rd., Silver Spring

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

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.
Wednesday, January 20, 7:00 – 9:00 p.m. Free. Donations appreciated. Bethesda Library, 7400 Arlington Rd., Bethesda

Parenting Without Threats and Bribes

Parenting tools will be the focus of this how-to workshop. While the use of rewards and threats in disciplining may be effective in controlling behavior in the immediate situation, over time it can decrease mutual respect in the relationship. Come learn alternative approaches.
Tuesday, January 26, 7:00 - 9:00 p.m. Free. Donations appreciated. Davis Library, 6400 Democracy Blvd., Bethesda

Choosing, Making and Keeping Friends

Parents will learn how to help their child assess social situations, strategize ways to have more positive interactions, recognize and read social cues, and feel better about him or herself.
Monday, February 1, 7:00 - 9:00 p.m. Free. Donations appreciated. Potomac Library, 10101 Glenolden Dr., Potomac

 **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.
Wednesdays, Feb 3 – March 10, 7:00 – 8:30 p.m. YMCA Ayrilawn 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.
Tuesdays, February 2 – March 9, 7:00 – 8:30 p.m. YMCA Ayrilawn Program Center, 5650 Oakmont Ave., Bethesda

Family Anger Issues

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; class fee: \$30.

Tuesdays, February 2 – March 9, 7:00 – 8:30 p.m. Silver Spring YMCA, Child Development Ctr. 9800 Hastings Drive, Silver Spring

Improving Communication Skills for Couples

Working together as a team is a challenge for many couples. We will learn from volunteer couples who have agreed to share the challenges and successes in their relationships. This class will demonstrate ways to improve listening skills, increase mutual respect and stimulate playful and joyful interaction through an open forum marriage demonstration. Class fee: \$30.
Thursdays, February 4 – Feb 25, 7:00—8:30 p.m. United Church of Christ, 9525 Colesville Road, Silver Spring

It's easy to register on line. Go to www.ymcadc.org. Click on the Easy Enroll Icon and search by our branch: YMCA Youth & Family Services