



**YMCA Youth & Family Services**  
**Parenting Programs: Spring 2009**



**Classes: NOTE new location**

**Communicating Success to Children Six-session class**

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

Thursdays, April 23 – May 28, 7:00 – 8:30 p.m. United Church of Christ, 9525 Colesville Road, Silver Spring

**Parenting Teens Six-session class**

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

Tuesdays, April 21 – May 26, 7:00 – 8:30 p.m. YMCA Ayr lawn Program Center, 5650 Oakmont Ave., Bethesda

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

**SUBURBAN HOSPITAL Seminar**

**Mastering the Art of Encouragement with Dr. Lew Losoncy**

**en•cour•age (en kŏrŏŏ ij) v.t., 1. to inspire with courage, spirit or confidence, 2. to stimulate by guidance, approval.**

This workshop will help parents develop positive strategies for building cooperation and setting limits with respect.

- "The process of encouraging others is usually very subtle and unintentional"
- "You can't pick someone up, by putting them down"
- "It is harmful for people to evaluate themselves in terms of performance"

Dr. Lew Losoncy, a psychologist, has been featured in *The Wall Street Journal*, *Psychology Today* and *Working Woman*, and has appeared on *CBS This Morning* and *CNN*. "Dr. Lew" co-authored *The Skills of Encouragement* with the late Dr. Don Dinkmeyer (founder of the **S**ystematic **T**raining for **E**ffective **P**arenting (STEP)), an Adlerian parenting education model offered through YFS.

**\$15/person, \$25/couple.** Fee Waivers available. All proceeds fund the prevention services of YMCA Youth & Family Services.

Thursday, April 30, 7:00 – 9:00 p.m., **Registration begins at 6:30p.m. Please allow time for parking.**

Suburban Hospital Auditorium 8600 Old Georgetown Road, Bethesda

**Registration** for the Dr. Losoncy workshop only: 301-896-3939, option 2

**Clock hours available (2 hours):** Maryland State Office of Child Care: \$10 Fee

*Interpretación en Español disponible si se registran con anticipación.*

Reasonable disability accommodations available on request. Please contact Pam Mintz at (301) 229-1347 by April 24.

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