



YMCA YOUTH & FAMILY SERVICES

Summer 2010: Registration and Information:

Call (301) 229-1347 or email: parenting@ymcadc.org



Words: Parenting Classes

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.
- Prevention strategies: trigger thoughts, temperament issues.
- Looking for patterns and creating strategies for change.

Must register for and attend all four sessions.

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

Thursdays, July 8 - 29, 7:00 – 9:00 p.m.

United Church of Christ, 9525 Colesville Road, Silver Spring

Funtastic Family Fun

For the whole family - A three part get-together for families. For parents and kids!

- Learn about each other,
- Develop skills in communication, decision-making, problem-solving and assuming responsibility.
- Strengthen mutual respect in family relationships.

Session 1: Wednesday, July 14

Understanding Private Logic and Purposive Behavior: Jokes, Games and Experiential Exercises

Session 2: Wednesday, July 21

The Art of Encouragement: Mobile Challenge Course

Session 3: Wednesday, July 28

Power! Power! Power! Learning Ways to Have Power in Useful Ways

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

Wednesdays, July 14 – 28, 7:00—8:30 p.m. YMCA Ayrilawn Program Center, 5650 Oakmont Ave, Bethesda



Words: Parenting Workshop

Homework Hassles: Encouraging Student Responsibility

Would you like to get organized for the coming school year with a new and improved homework plan? This workshop will discuss developing positive study habits, side-stepping power struggles over homework, and defining a supportive but limited parent role.

Wednesday, August 25, 7:00—9:00 p.m. Silver Spring Library, 8901 Colesville Rd., Silver Spring

Free. Donations appreciated.

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