



YMCA Youth & Family Services Y's Parenting Fall 2009



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. Monday, August 24, 7:00-9:00 p.m. FREE, Donations appreciated. Silver Spring Library, 8901 Colesville Rd., Silver Spring

How to Say No to Teens and Tweens Guest Speaker: Donna Duquette, family mediator

Do you ever find yourself facing a brick wall or surrendering to requests because you're weary or unsure how to say no? A conflict resolution professional will offer guidance on (1) how to speak in a way that your kids are more likely to hear, (2) how to encourage your kid to talk with you, and (3) how to say "no" in a way that promotes cooperation. *Traducción al Español disponible* Thursday, September 10, 7:00 – 9:00 p.m. FREE, Donations appreciated. Bethesda Library, 7400 Arlington Rd., Bethesda

Homework Hassles: Encouraging Student Responsibility

This workshop will discuss developing positive study habits, side-stepping power struggles over homework, defining how much a parent should do to help, and collaborating with school staff. Monday, September 14, 7:00–9:00 p.m. FREE, Donations appreciated. Davis Library, 6400 Democracy Blvd., Bethesda

Promote Honesty: Dealing with Lying, Stealing and Sneaky Behavior

Trust is critical in all relationships. How do we develop trust in our children? How do we build it back once it has been damaged? How can parents react to show the seriousness of these behaviors without losing their cool, shutting down communication or being manipulated? Monday, September 21, 7:00 - 9:00 p.m. *Traducción al Español disponible* FREE. Potomac Library, 10101 Glenolden Dr., Potomac

Contienda de Deberes de la escuela: Estimular Responsabilidad en el Estudiante

Este seminario discutirá el desarrollo positivo de los hábitos de estudio, pasos para evadir la contienda de los deberes, definición de cuánto deben los padres hacer para ayudar, y colaboración con el personal de la escuela.

Este taller será en español. Registración/información en español: (301) 252-4154
Miércoles 16 de septiembre, 7:00 – 9:00 p.m. Gratis. *Se agradecen donaciones.*
Biblioteca de Long Branch, 8800 Garland Ave, Silver Spring

RESPETO: cómo manejar la actitud negativa.

¿Está observando mucha 'actitud' negativa en sus niños? Este taller le ayudará a manejar respuestas contradictorias, la conducta insolente, el lenguaje inadecuado y los comportamientos no cooperativos. Se discutirán las estrategias para construir un ambiente familiar más respetuoso.

Este taller será en español. Registración/información en español: (301) 252-4154
Miércoles 30 de septiembre, 7:00 – 9:00 p.m. Gratis. *Se agradecen donaciones.*
Biblioteca de White Oak, 11701 New Hampshire Ave, Silver Spring

Y's Words: 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.

Mondays, October 5 – November 9, 7:00 – 8:30 p.m. YMCA Ayrilawn Program Center, 5650 Oakmont Ave., Bethesda

Y's Words: 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, October 8 – November 12, 7:00 – 8:30 p.m. United Church of Christ, 9525 Colesville Road, Silver Spring

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

SUBURBAN HOSPITAL Seminar

Cyber Bullying: Bullying in the Digital Age

Dr. Agatston is co-author of the book, *Cyber Bullying: Bullying in the Digital Age* and *Cyber Bullying Curriculum for Grades 6 – 12 and the Cyber Bullying Prevention Curriculum for Grades 3 - 5*. Dr. Agatston is a nationally certified trainer and technical assistance consultant for the Olweus Bullying Prevention Program. She was a participant in the CDC's Expert Panel on Electronic Media and Youth Violence, and has presented nationally and internationally on cyber bullying. *Traducción al Español disponible*

\$15/person, \$25/couple. Fee Waivers available.

All proceeds fund the prevention services of YMCA Youth & Family Services.

Thursday, October 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

Reasonable disability accommodations available on request. Please contact Pam Mintz at (301) 229-1347 by October 15.

*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