



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Youth & Family Services Parenting Programs: Spring 2012

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

NEW!! Website with schedule and newsletter www.ymcadc.org/social/edYouthParents.cfm

Y's Words: Library Workshops Free, Donations appreciated.

Mastering the Art of Encouragement

Are you looking for alternatives to threats and bribes? This program will help parents develop positive strategies for building cooperation and setting limits with respect.

Thursday, March 8, 7:00 - 9:00 p.m. Davis Library, 6400 Democracy Blvd., Bethesda

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, March 5, 7:00 - 9:00 p.m. Bethesda Library, 7400 Arlington Rd., Bethesda

Monday, March 12, 7:00 - 9:00 p.m. Silver Spring Library, 8901 Colesville Rd., Silver Spring

Why Family Meetings?

Looking for a way to improve communication and cooperation in your family? This workshop will explore the whys and hows of creating a family tradition around family meetings.

Thursday, March 15, 7:00 - 9:00 p.m. Long Branch Library, 8800 Garland Avenue, Silver Spring

Sex vs. Sexuality: Sharing your Values

Preparing to talk to your child about sex? But are you prepared to talk about sexuality? Explore ways parents can help their children develop healthy attitudes, self concept and positive choices as they express their sexuality.

Monday, March 26, 7:00 - 9:00 p.m. White Oak Library, 11701 New Hampshire Avenue, Silver Spring

What to Do When Kids Fight: Sibling Rivalry

Get into your kids' heads to understand their feelings of competition and jealousy. Parents will learn strategies to lessen the intensity of the conflicts and the unhappy feelings.

Wednesday, March 28, 7:00 - 9:00 p.m. Potomac Library, 10101 Glenolden Dr., Potomac

Y's Words: Parenting Classes **new fee policy**

Parenting Children Six sessions

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, suggested donation \$30/person, no one will be turned away

Tuesdays, April 17 - May 22, 7:00 - 8:30 p.m. YMCA Ayrilawn Center, 5650 Oakmont Ave., Bethesda

Parenting Teens Six sessions

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, suggested donation \$30/person, no one will be turned away

Thursdays, April 26 - May 31, 7:00 - 8:30 p.m. United Church of Christ, 9525 Colesville Rd, Silver Spring

SUBURBAN HOSPITAL Seminar: The Healthy Use of Technology with Edward Spector, Psy.D.

Technology can enhance our lives in many ways. It can make us more effective, productive and efficient. It also can entertain us and can help us connect with others. Unfortunately, when used to excess, technology can negatively impact our lives. Some individuals are unable to effectively limit their use of electronic media. The excessive use of electronic media can be an attempt to cope with psychological problems, such as depression, anxiety, ADHD, or social skills deficits. Dr. Spector will present on the healthy use of technology, including common forms of electronic games (computer, video, phone apps), the Internet (including the use of social networking sites and online communities), and the use of cell phones. Dr. Spector is a licensed psychologist with expertise in helping children, adolescents, and adults in individual and group therapy. He has presented on this topic to high school students, school counselors, doctors, secret service agents and other parent and professional organizations.

Parents and students are invited to attend.

April 19. Registration at 6:30 p.m. Presentation 7:00 - 9:00 p.m. 8600 Old Georgetown Road, Bethesda

To Register: www.yfstechology.eventbrite.com \$15/person, \$25/couple, \$5/students.

Proceeds fund the prevention services of YMCA Youth & Family Services.

Maryland Board of Social Work Examiners: 2 Continuing Education Credits, Category 1, \$10 fee