



Parent Encouragement  
Program



hosted by

Belmont  
Elementary  
School

PEP, a local nonprofit established in 1982, teaches parenting classes to over 4,000 parents and caregivers a year.

"PEP classes were recommended to me years ago by a therapist as a good option for D.C.-area parents, and they've just begun making their offerings available online." --

*Carolyn Hax,  
Washington Post*

# Parenting Talk

## Tackling Technology

Thursday, November 8  
7 p.m.

Feel like you're constantly asking your child to "turn that thing off?" Whether it's video consoles, computers, tablets or smart phones, you may be starting to feel like electronics are ruling your child's life, making you tempted to shut them down and unplug them entirely. In this workshop, we will explore some of the problems caused by excessive electronic use, as well as ways to set limits around technology and ideas for improving connections with your children through technology.

For more than 30 years, PEP has offered positive parenting education and support to parents throughout Montgomery County, Northern VA and DC.

Like all PEP programs, this talk will give you insights into ways to use positive, encouraging methods with children that gain cooperation, teach respect and responsibility, and bring out the best in you and your child.

301.929.8824

PEPparent.org