



# PEP Family Resiliency Program

A FREE 8-week program for FCPS parents & caregivers of children ages 5 to 18. Classes are in English and Spanish.



Learn new tools each week to help you support your child’s mental health, resiliency, and success in school.



Meet and talk with other FCPS parents to share ideas and support each other.

### Topics covered:

- How to Manage Change and Transitions
- Raising More Motivated and Cooperative Kids
- Managing Your Anger When It Flares
- and more*



**Meet** once a week on Zoom for 8 weeks



**Starts** Tuesday, April 16, 2024 from 7-8:30pm



**Complete** at least 5 sessions and the evaluation to receive a \$50 gift card (one per family/household)



**Register today, spaces are limited!**

Use the QR code or [tinyurl.com/5yyjzprw](https://tinyurl.com/5yyjzprw)



*\*Once spaces are filled, you will be added to a waitlist.*

The Parent Encouragement Program (PEP) is a non-profit organization working to build strong, harmonious family relationships through parenting education, skills training, and support. Learn more at [PEPparent.org](https://PEPparent.org)/FRP or email [frp@PEPparent.org](mailto:frp@PEPparent.org)



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