

Positive Empowering Parenting  
Project PEP  
**Registration**

Modesto August/Sept. Series

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Zipcode: \_\_\_\_\_

Daytime Phone Number: \_\_\_\_\_

Evening Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

Child's name and date of birth: \_\_\_\_\_

Name of child's VMRC Service Coordinator: \_\_\_\_\_

FRN's Service Area: Amador, Calaveras, San  
Joaquin, Stanislaus, and Tuolumne Counties.

Seating is limited and registrations will be han-  
dled on a first come, first served basis.

Please send completed registration form no  
later than August 17, 2010 to:

Family Resource Network  
5250 Claremont Ave., Suite 239  
Stockton, CA 95207  
Fax: 209-472-3673  
Email: FRNfamilies@aol.com

Questions? Call FRN at 209-472-3674  
or 800-847-3030

**Session Information**

**Dates—All are on Tuesdays**

Session 1: August, 24, 2010

Session 2: August 31, 2010

Session 3: Sept. 7, 2010

Session 4: Sept. 14, 2010

Session 5: Sept. 21, 2010

Session 6: Sept. 28, 2010

**Time**

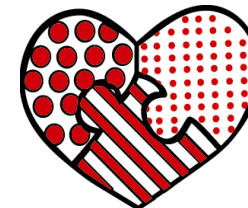
All sessions will begin at 6:30 p.m. and  
conclude at 8:30 p.m.

**Location**

Sessions will take place at Valley Moun-  
tain Regional Center's Modesto Office,  
1820 Blue Gum Avenue, Modesto. It is  
across the street from Modesto Junior  
College, West Campus.

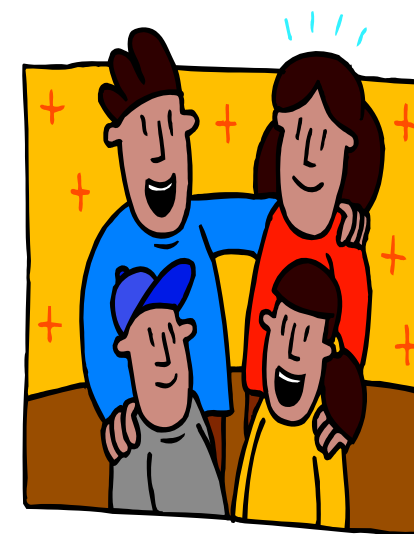
**Guest Speakers**

Guest speakers will be joining us at some  
of the workshops. The guests will include  
a Behavior Interventionist and a Marriage  
Family Therapist.



**Family  
Resource  
Network  
presents**

**Positive  
Empowering  
Parenting**



**Project PEP**

## Back by Popular Demand!

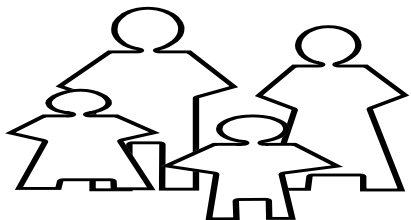
**What is Project PEP?:** Family Resource Network is proud to once again be offering the Positive Empowering Parenting Program, also known as Project PEP. This training series is a way for parents of special needs children to strengthen their parenting skills.

In addition to valuable information on parenting, Project PEP will offer an opportunity for parents to meet other parents and discuss the challenges they face. Project PEP's learning environment will be stress-free with opportunities for discussion, fun activities and even some door prizes.

Project PEP is a **6 (six) session program**. It is **anticipated that parents who register will attend all sessions**. Exceptions will be made for excused absences. Attendance will be rewarded!

There is no cost to attend Project PEP.

**Who may attend Project PEP?** Project PEP is available to **parents, or primary caregivers, of children who are served by Valley Mountain Regional Center**. The children must be **age 14 or younger**.



## Topics of Discussion

Over the course of the sessions we will discuss issues such as:

- Becoming A Positive Parent
- Understanding Emotions – Mine and My Child's
- Giving In vs. Giving Up
- Positive, Effective Discipline
- Tools for Dealing with Stressors
- Parenting with Confidence
- Dealing with the Outside World
- Parents as Teachers

There are only two lasting bequests we can hope to give our children. One of these is roots; the other, wings.

- William Hodding Carter, Jr.

## Hope You Can Join Us!

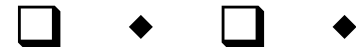


### Picture Perfect!!

Project PEP is the perfect place to share stories about your child, so be sure to bring pictures to show to other parents. It's ok to brag!!

### Respite

You may use your child's VMRC respite hours to attend Project PEP. If your child does not have respite hours and you would like to receive respite in order to attend Project PEP you will need to contact your child's Service Coordinator immediately and let the Service Coordinator know that you are requesting an Individual Program Plan (IPP) meeting to discuss the need for respite.



The Positive Empowering Parenting project is sponsored by Family Resource Network, a 501(c) 3 non-profit organization, and supported by a grant from Valley Mountain Regional Center. FRN is located at 5250 Claremont Ave., Suite 239, Stockton, CA 95207. Info on FRN is available at [www.frcn.org](http://www.frcn.org)