



Parent Empowerment Program (PEP)

CAREGIVERS AND CHILDREN GROWING TOGETHER!



BASIC INFO:

- PEP is a research-based program based out of Vanderbilt University with over 50 years worth of data documenting positive change for children and families
- Children participate in small group activities, while parents meet with assigned PEP staff to learn and practice new parenting and behavior strategies
- PEP includes individual sessions and opportunities to practice new skills learned within a safe and supportive setting

LOCATION/TIME:

Loma Elementary
 10355 Loma Ln
 Spring Valley, CA 91978

- PEP meets twice a week for 2 hour sessions, please call for current availability
- No cost: Parent contribution will be through participation by volunteering your time later as a "payback parent"
- Children should be between 3-6 years old, not yet in 1st grade

PEP is a FREE program for LMSVSD families with children ages 3-6 experiencing mild to severe behavioral difficulties. From separation anxiety, tantrums, defiance and aggression, PEP provides a support system and a safe environment for families as they learn new strategies and skills to effectively address challenging behaviors.

"PEP is here to help families break old patterns of behavior resulting in more positive behaviors and a more peaceful family dynamic."

FOR MORE INFO CONTACT:

Chelsea Gould, PEP Coordinator at (619) 668-5700 ext. 3608 or at Chelsea.Gould@lmsvdsd.net to set up an Intake Appointment