

## KVCAP Parent Enrichment Classes Fall/Winter 2017

Sponsored by: KVCAP's Child Abuse and Neglect Prevention Council of Kennebec County

**All Classes are Free and Pre-registration is required**

### ***Community Nurturing Parenting***

This is a 10-session program tailored to meet the needs and learning styles of anyone parenting a child! The classes focus on various topics such as stages of growth for infants/toddlers, brain development in children and teens, communication, dealing with stress & much more!

**Mondays & Wednesdays, November 6, 8, 13, 15,  
20, 22, 27, 29, Dec 4 & 6  
3:30 – 5:00 pm  
KVCAP/Shirley Damren Room  
97 Water St, Waterville  
Presented by: Emily Buckhalter**

### ***Cooperative Parenting & Divorce***

This 8-session, video-based program gives divorcing or separating parents the power to make positive changes that shield their children from parental conflict, and guides them into establishing a long-term relationship of healthy communication with the child's other parents.

**Tuesdays, October 10, 17, 24,  
November 7, 14, 21, 28 & Dec 5  
5:30 – 7:30 pm  
Cony High School  
60 Pierce Drive, Augusta  
Presented by: Emily Buckhalter**

### ***Nurturing Fathers***

This is a 13-session program tailored to meet the needs and learning styles of any male parenting a child! The class focuses on and explains: the roots of fathering, nurturing children and self, positive discipline methods, managing anger and resolving conflict, teamwork with partner, balancing work and fathering, and more.

**Wednesdays, September 13, 20, 27,  
Oct 4, 11, 18, 25, Nov. 1, 8, 15, 22, 29, & Dec 6  
5:30 - 8:00 pm  
Educare  
56 Drummond Ave, Waterville  
Presented by: Deb Rich & Jon Martin**

### ***Active Parenting Now***

Do you ever wonder if there is a better way to handle some of those daily parenting challenges? Learn how with this 6 - session video and discussion program for parents and care providers of children ages 5-12. This program is designed to help raise responsible children by using effective discipline techniques and encouragement skills.

**Mondays, October 16, 23, 30,  
November 6, 13, & 20  
5:00 – 7:00 pm  
Winslow Public Library  
136 Halifax St. Winslow  
Presented by: Deb Rich**

**Mondays, November 6, 13, 20, 27, Dec 4 & 11  
9:00 – 11:00  
Gardiner Location TBA  
Presented by: Emily Buckhalter**

### ***The First Five Years***

In this series of 4 classes you will learn discipline methods that work, how to prevent tantrums, establishing routines to make life easier, and much more. This class is designed for parents of children from birth-age 5.

**Mondays, September 25, October 2, 16 & 23  
5:00 – 7:00 pm  
Messalonskee High School  
131 Messalonskee High Drive, Oakland  
Presented by: Emily Buckhalter**

**Wednesdays, November 29, Dec 6, 13 & 20  
1:00 – 3:00 pm  
KVCAP/Shirley Damren Room  
97 Water St, Waterville  
Presented by: Emily Buckhalter**

**Tuesdays, November 7, 14, 21, & 28  
9:00-11:00 am  
Webster Center  
34 Franklin St, Augusta  
Presented by: Deb Rich**

For more information and to register in advance:  
Deb Rich at 859-1580 or  
Emily Buckhalter at 859-1514 or  
Visit our website at:  
[www.kvcap.org](http://www.kvcap.org)