

KVCAP Parent Enrichment Classes Winter/Spring 2018

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!

**Wednesdays, February 28, March 7, 14, 21, 28
April 4, 11, 18, 25 & May 2**

9:30 – 11:00 am

**KVCAP 1st floor meeting room
97 Water Street, 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, March 20, 27, April 3, 10, 21,
May 1, 8 & 15**

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, March 7, 14, 21, 28
April 4, 11, 18, 25 & May 2, 9, 16, 23, 30**

5:30 – 8:00 pm

**KVCAP/Buker Center
22 Armory St, Augusta
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, February 26, March 5, 12, 19, 26,
& April 2**

5:30 – 7:30 pm

**Messalonskee High School
131 Messalonskee High Drive, Oakland
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, February 26, March 5, 12, & 19
9:00 – 11:00 am**

Gardiner Boys & Girls Club

**14 Pray St, Gardiner
Presented by: Emily Buckhalter**

**Tuesdays, March 6, 13, 20, & 27
12:30 – 2:30 pm**

Educare

**56 Drummond Ave, Waterville
Presented by: Emily Buckhalter**

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