

KVCAP Parent Enrichment Classes

Winter 2017

Sponsored by: KVCAP's Family Enrichment Council of Somerset County

All Classes are Free and Pre-registration is required

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, November 27, December 4, 11 and 18

3:30pm – 5:30pm

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

Tuesdays, (2018): January 9, 16, 23 and 30 (2018)

9:30am – 11:30am

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

Mondays, (2018): February 26, March 5, 12 and 19.

1:00pm – 3:00pm

Lawrence Library – Fairfield, Maine

33 Lawrence Street, Fairfield, Maine

Presented by: Anne Osolinski, LSW

The Nurturing Fathers Program

A 13-session program is 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.

Tuesdays, 2018: February 6, 13, 20, 27, March 6, 13, 20, 27, April

3, 10, 17, 24 and May 1.

2:30pm to 4:30pm

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

Alcohol, Anger and Abuse

Alcohol, Anger and Abuse is an innovative training program that explores understanding and preventing the relationship between alcohol and other drug abuse and child abuse and neglect, and how they are linked. This program is designed to be implemented in a 5 week program, 1-1/2 hour sessions.

Wednesday, November 29, December 6, 13, (2018) January

3 and 10.

2:00pm – 4:00pm

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

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: November 27, December 4, 11, 18, (2018) January 8, 15, 22, 29, February 5 and 12.

1:00pm – 3:00pm

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Cooperative Parenting & Divorce

This 8-session program, 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, December 5, 12, 19, (2018) January 2, 9, 16, 23 and 30.

5:30pm – 7:30pm

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

Mondays, February 5, 12, 26, March 5, 12, 19, 26 and April 2.

5:30pm – 7:30pm

Lawrence Adult Education

4 School Street, Fairfield, Maine

Presented by: Anne Osolinski, LSW

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.

Wednesdays, (2018): January 24, 31, February 7, 14, 21 and 28

1:00pm – 3:00pm

Pittsfield Library

101 Library Street, Pittsfield

Presented by: Anne Osolinski, LSW

For more information and to register in advance please call:

Anne Osolinski at 859-2521 or Kristen Plummer at 859-2520

OR Visit our website at www.kvcap.org OR

Visit our Facebook page at: <https://www.facebook.com/kvcapfec/>