



KVCAP Parent Enrichment Classes Summer 2018

Sponsored by: KVCAP's Family Enrichment Council of Kennebec 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: April 23, 30, May 7 & 14
5:00 – 7:00pm

Brown Memorial Library
53 Railroad St Clinton
Presented by: Deb Rich

Tuesdays: May 29, June 5, 12, & 19
9:00 – 11:00am

Winthrop Congregational Church
10 Bowdoin St, Winthrop
Presented by: Emily Buckhalter

Thursdays: July 5, 12, 19, & 26
9:00 – 11:00am

KVCAP 1st floor meeting room
97 Water Street, Waterville
Presented by: Deb Rich

Prenatal Nurturing

The Prenatal program addresses the current issues faced by couples expecting a child including the use of prescription drugs, alcohol and tobacco during pregnancy; the relationship between healthy pregnancies and proper nutrition; the effects of stress on the baby; ways to keep a healthy sexual relationship; and issues of body image, weight gain and brain development during pregnancy. This program is designed to be implemented in a 9 week program, 2-1/2 hour sessions.

Mondays: June 4, 11, 18, 25,
July 2, 9, 16, & 23
9:00 – 11:30 am

KVCAP 1st floor meeting room
97 Water Street, Waterville
Presented by: Emily Buckhalter

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.

Summer/Fall Dates TBA

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!

Tuesdays: May 22, 29, June 5, 12, 19, 26,
July 3, 10, 17, & 24
5:00 – 6:30 pm

KVCAP/Buker Center
22 Armory St, Augusta
Presented by: Deb Rich

Tuesdays & Wednesdays: May 29, 30,
June 5, 6, 12, 13, 19, 20, 26, & 27
12:30 – 2:00 pm

KVCAP 1st floor meeting room
97 Water Street, Waterville
Presented by: Emily Buckhalter

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.

Mondays: June 4, 11, 18, 25,
July 2, 9, 16 & 23
12:30 – 2:30 pm

KVCAP 1st floor meeting room
97 Water Street, Waterville
Presented by: Emily Buckhalter

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, May 16, 23, 30, June 6, 13, & 20
9:30 – 11:30 am

KVCAP 1st floor meeting room
97 Water Street, Waterville
Presented by: Emily Buckhalter

Mondays, June 11, 18, 25, July 2, 9, & 16
5:00 – 7:00 pm

KVCAP/Buker Center
22 Armory St, Augusta
Presented by: Emily Buckhalter

For more information and to register in advance please call:

Emily Buckhalter at 859-1514 or Deb Rich at 859-1580

OR Visit our website at www.kvcap.org OR

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