

KVCAP Parent Enrichment Classes Fall 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: Sept 24, Oct 1, 15, & 22

5:30 – 7:30 pm

Messalonskee High School

131 Messalonskee High Drive, Oakland

Presented by: Emily Buckhalter

Thursdays: Oct 18, 25, Nov 1 & 8

9:00-11:00am

KVCAP 1st floor meeting room

97 Water Street, Waterville

Presented by: Emily Buckhalter

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.

Tuesdays: October 9, 16, 23, 30,

Nov 6, 13, 20, 27, & Dec 4

9:00-11:00am

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.

Wednesdays: Sept 5, 12, 19, 26,

Oct 3, 10, 17, 24, Nov 7 & 14

5:30 – 7:30 pm

KVCAP 1st floor meeting room

97 Water Street, Waterville

Presented by: Deb Rich

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 & Wednesdays: November 26, 28,

Dec 3, 5, 10, 12, 17 & 19

2:00 – 4:00 pm

KVCAP 1st floor meeting room

97 Water Street, Waterville

Presented by: Emily Buckhalter

Tuesdays: Oct 9, 16, 23, 30, Nov 6, 13, 27, & Dec 4

5:30 – 7:30 pm

Cony High School

60 Pierce Drive, Augusta

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.

Tuesdays: Sept 25, Oct 2, 9, 16, 23, & 30

5:30 – 7:30 pm

Hubbard Free Library

115 Second St, Hallowell

Presented by: Deb Rich

Mondays: Oct 15, 22, 29, Nov 5, 19, & 26

10:00am – 12:00pm

KVCAP 1st Floor Meeting Room

97 Water Street, Waterville

Presented by: Emily Buckhalter

For more information and to register in advance please contact:

Emily Buckhalter (ebuckhalter@kvcap.org) at 859-1514 or

Deb Rich (debrar@kvcap.org) at 859-1580

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