

KVCAP Parent Enrichment Classes – Kennebec County Winter 2018

Supported by the Maine Department of Health and Human Services

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 26, December 3, 10 & 17
5:30 – 7:30 pm

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

Wednesdays: January 9, 16, 23 & 30
5:30 – 7:30pm
Educare

56 Drummond Ave, Waterville
Presented by: Emily Buckhalter

Thursdays: January 22, 29, Feb 5 & 12
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.

Thursdays: January 10, 17, 24, 31
February 7, 14, 21 & 28
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.

Spring Dates TBA

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: March 26, April 2, 9, 23, 30, May 7, 14 & 21
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.

Mondays: February 4, 11, 18, 25,
March 4 & 11
5:30 – 7:30 pm

Messalonskee High School
131 Messalonskee High Drive, Oakland
Presented by: Emily Buckhalter

Mondays & Wednesdays: January 28, 30,
Feb 4, 6, 11 & 13
2:00pm – 4:00pm

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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