Our Mission . . .

Our mission is to prevent child abuse and neglect and to strengthen families by raising awareness, mobilizing resources, and providing training and education.

Family Enrichment Council
Kennebec & Somerset Counties

Baby Think It Over

The purpose of the Baby Think It Over program is to provide middle and high school students an experience that simulates caring for an infant while exploring the emotional, financial, and social challenges of parenting.

If the Baby Think it Over program is not being offered in your area please contact Emily Buckhalter at 859-1514.

Personal Body Safety

The Personal Body Safety curriculum is a school based prevention program for children Pre-K through grade 6.

The program specifically focuses on three areas:
- **Personal Safety** (bicycle and traffic safety, fire safety, gun safety, getting lost, dealing with strangers).
- **Touching Safety** (safe, unsafe and confusing touch, saying no, telling an adult).
- **Assertiveness and Support** (standing up for yourself, saying no, speaking out against bullies, finding support).

If the Personal Body Safety program is not being offered in your area please contact Deb Rich at 859-1580.

If you suspect a child is being abused or neglected CALL: 1-800-452-1999

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Kennebec County
97 Water Street, Waterville, ME 04901
Contact Information:
1-800-542-8227 ext. 1580 or 1514
debra@kvcap.org
ebuckhalter@kvcap.org

Somerset County
26 Mary Street, Skowhegan ME 04976
Contact Information:
1-800-542-8227 ext. 2520 or 2521
kristenp@kvcap.org
aosolinski@kvcap.org

Website: www.kvcap.org

Our Affiliations:
- Member, Maine Association of Child Abuse and Neglect Councils
- Affiliate, Prevent Child Abuse America

We are funded in part by:
- Maine Children’s Trust
- United Way of Mid-Maine
- United Way of Kennebec Valley
- Maine DHHS Community Services Block Grant
- Maine DHHS Office of the Courts

Sponsored by:

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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.

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 is a 5 session program.

Cooperative Parenting and 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.

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 9 sessions.