

## KVCAP Parent Enrichment Classes Winter - 2019

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

**All Classes are Free and Pre-registration is required**

### **The First Five Years (3)**

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, (2019): January 7, 14, 28 and February 4.**  
12:00pm – 2:00pm

Town of Solon, Selectman Room  
121 South Main Street, Solon, Maine  
Presented by: Anne Osolinski, LSW

**Wednesday (2019): February 13, 20, 26 and March 13**

Snow Date makeup: TBD  
11:30am – 1:30pm

KVCAP - Skowhegan  
26 Mary Street, Skowhegan  
Presented by: Anne Osolinski, LSW

**Wednesday, (2019): March 13, 20, 27 and April 3.**

Snow Date makeup: TBD  
9:30am – 11:30am

Bingham Area Health Center  
237 Main St, Bingham, ME 04920  
Presented by: Anne Osolinski, LSW

### **The Nurturing Fathers Program (1)**

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.

**Tuesday: (2019) January 15, 22, 29, February 5, 19, 26, March 5, 19, 26, April 2, 16, 23, and 30.**

Snow Date makeup: TBD  
5:30pm to 7:30pm

KVCAP - Skowhegan  
26 Mary Street, Skowhegan  
Presented by: Anne Osolinski, LSW

### **Nurturing Parent – Families in Substance Abuse (1)**

Families in Substance Abuse is an innovative training program that explores the effects of substance abuse on themselves and their families as they begin to develop self-awareness. Parents will learn nurturing skills using a variety of techniques and activities that accommodate different learning styles. This program is designed to be implemented in a 17 week program, with each session being 1-1/2 hours.

**Monday: (2019) March 11, 18, 25, April 1, 8, 22, 29, May 6, 13, 20, June 3, 10, 17, 24, July 1, 8, and 15.**

Snow Date makeup: TBD  
6:00pm – 7:30pm

KVCAP - Skowhegan  
26 Mary Street, Skowhegan  
Presented by: Kristen Plummer/Anne Osolinski

### **Community Nurturing Parenting (2)**

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!

**Tuesday and Thursday (2019): January 15, 17, 22, 24, 29, 31, February 5, 7, 12 and 14.**

Snow Date makeup: TBD  
2:00pm – 4:00pm

KVCAP - Skowhegan  
26 Mary Street, Skowhegan  
Presented by: Anne Osolinski, LSW

### **Cooperative Parenting & Divorce (2)**

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.

**Wednesday: (2019): January 9, 16, 23, 30, February 6, 13, 20 and 27.**

Snow Date makeup: TBD  
1:30pm – 3:30pm

KVCAP - Skowhegan  
26 Mary Street, Skowhegan  
Presented by: Anne Osolinski, LSW

### **Active Parenting Now (3)**

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, (2019): February 19, 26, March 5, 12, 19, and 26.**

2:00pm – 4:00pm

Irving Tanner Community Center  
62 Elm St, Hartland, ME 04943  
Presented by: Anne Osolinski, LSW

### **Prenatal Nurturing (4)**

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.

**Monday and Thursdays (2019): February 21, 25, 28, March 4, 11, 14, March 18, 21 and 28.**

1:00pm to 3:00pm

KVCAP - Skowhegan  
26 Mary Street, Skowhegan  
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](http://www.kvcap.org) OR*

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