

**KVCAP**Building Stronger Individuals,
Families and Communities

Kennebec Valley Community Action Program

**KVCAP Parent Enrichment Classes – Kennebec County
Spring/Summer 2019**

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.

**Tuesday: April 23, 30, May 7 & 14
1:00 – 3:00 pm****KVCAP 1st floor meeting room**
97 Water Street, Waterville
Presented by: Emily Buckhalter**Thursdays: May 30, June 6, 13 & 20
9:00-11:00 am****Winthrop Congregational Church**
10 Bowdoin St, Winthrop
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.

**Wednesday: June 5, 12, 19, 26, July 3, 10, 17, 24 & 31
1:00-3:00 pm****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.

Fall 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: June 3, 10, 17, 24, & July 1, 8, 15, & 22
2:00 – 4:00 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.

**Tuesdays: June 4, 11, 18, 25, July 2 & 9
5:30-7:30pm****Buker Community Center**
22 Armory St, Augusta
Presented by: Emily Buckhalter**Wednesdays: June 5, 12, 19, 26, July 3 & 9
8:30 – 10:30 am****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 orDeb Rich (debrar@kvcap.org) at 859-1580Visit our website at www.kvcap.orgFind us on Facebook! <https://www.facebook.com/kvcapfec>