

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

Kennebec Valley Community Action Program

**KVCAP Parent Enrichment Classes – Kennebec County
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: July 9, 16, 23 & 30**1:00 – 3:00 pm****KVCAP 1st floor meeting room**

97 Water Street, Waterville

Presented by: Deb Rich

****NEW******Mondays: July 29, Aug 5, 12 & 19****5:30-7:30****ONLINE SERIES**

(Offered via Zoom; please call or email for details)

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: July 24, 31, Aug 7, 14, 21, 28,**Sept 4, 11 & 18****1:00-3:00 pm****Duncombe 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.

Tuesdays & Thursdays: Aug 13, 15, 20, 22, 27, 29**Sept 3 & 5****10:00 – 12:00pm****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 and up. This program is designed to help raise responsible children by using effective discipline techniques and encouragement skills.

Mondays: July 22, 29, Aug 5, 12, 19, & 26**9:00 – 11:00am****KVCAP 1st floor meeting room**

97 Water Street, Waterville

Presented by: Deb Rich

Tuesdays: July 30, Aug 6, 13, 20, 27 & Sept 3**5:30 – 7:30pm****Buker Community Center**

22 Armory Street, Augusta

Presented by: Deb Rich

*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>