

**KVCAP Parent Enrichment Classes
Fall/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

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.

Wednesdays, (2019): September 4, 11, 18 and 25.

9:30am to 11:30am

NEW LOCATION: New Hope Church

111 S Main St, Solon, ME 04979

Presented by: Anne Osolinski, LSW

Tuesdays, (2019): November 19, 26, December 3, and 10.

3:00pm – 5:00pm

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

The Nurturing Fathers Program

A 10-session program that is 2 ½ hours and 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.

Monday: (2019) October 21, 28, November 4, 18, 25, December 2, 9, 16, 23, and 30.

2:30pm to 5:00pm

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

Nurturing Parent – Families in Substance Abuse

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 12 week program, with each session being 2 ½ hours.

Tuesdays (2019) September 24, October 1, 8, 15, 22, 29, November 5, 12, 19, 26, December 3, 10, 17, 24 and 31

12:00pm – 2:30pm

NEW LOCATION: Crisis and Counseling

346 Water Street, Skowhegan, Maine

Presented by: Kristen Plummer and Sharon Stover

Monday: (2019) October 7, 21, 28, November 4, 18, 25, December 2, 9, 16, 23 and 30.

5:00pm – 7:30pm

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

Community Nurturing Parenting

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!

Mondays and Thursdays (2019): October 28, 31, November 4, 7, 21, 25, December 2, 5, 9 and 12.

12:00pm – 2:00pm

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

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.

Thursdays: (2019): September 5, 12, 19, 26, October 3, 10, 17 and 24

12:00pm – 2:30pm

KVCAP - Skowhegan

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

Thursdays: (2020): January 30, February 6, 13, 27, March 5, 12, 19, and 26.

2:30pm – 4:30pm

NEW LOCATION: Lawrence Adult Education

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

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, (2019): October 1, 8, 22, 29 and November 5.

1:30pm to 3:30pm

NEW LOCATION: Pittsfield - TBA

School Street, Pittsfield, Maine

Presented by: Anne Osolinski, LSW

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 (7) 2 hour sessions.

Monday and Wednesday (2019): September 4, 9, 11, 16, 18, 23, and 30

12:30pm to 2:30pm

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 OR

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