

KVCAP Parent Enrichment Classes – Kennebec County Fall 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.

Tuesdays: Oct 8, 15, 22 & 29
9:00-11:00am

ONLINE SERIES

(Offered via Zoom; please call or email for details)
Presented by: Emily Buckhalter

Wednesdays: Oct 2, 9, 16 & 23
1:00 – 3:00pm

Buker Community Center

22 Armory St, Augusta
Presented by: Emily Buckhalter

Tuesdays: Oct 8, 15, 22 & 29
3:30 – 5:30pm

KVCAP 1st floor meeting room

97 Water St, Waterville
Presented by: Deb Rich

Prenatal Nurturing

The Prenatal program addresses the current issues faced by couples expecting a child. This program is a 9 week program, 2 hour sessions.

Thursdays: Oct 3, 10, 17, 24, 31, Nov 7, 14 & 21
8:00-10:00am

ONLINE SERIES

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

Wednesdays: Oct 2, 9, 16, 23, 30, Nov 6, 13, 20, 27,
Dec 4, 11 & 18

5:30-7:30pm

Webster Center

34 Franklin St, Augusta

Presented by: Deb Rich & Jon Martin

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.

Monday: Oct 21, 28, Nov 4, 18, 25, Dec 2, 9, & 16
11:00am – 1:00pm

ONLINE SERIES

(Offered via Zoom; please call or email for details)
Presented by: Emily Buckhalter

Tuesdays: Nov 5, 12, 19, 26, Dec 3, 10, & 17
10:00am – 12:00pm

KVCAP 1st floor meeting room

97 Water St, 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.

Tuesday: Sept 17, 24, Oct 1, 8, 15, & 22
11:30am – 1:30pm

KVCAP 1st floor meeting room

97 Water Street, Waterville
Presented by: Emily Buckhalter

Tuesdays: Oct 15, 22, 29, Nov 5, 12, & 19
5:30 – 7:30pm

Buker Community Center

22 Armory St, Augusta
Presented by: Emily Buckhalter

For more information and to register in advance please contact:

Emily Buckhalter (ebuckhalter@kvcap.org) at 859-1514 or

Deb Rich (debrar@kvcap.org) at 859-1580

Visit our website at www.kvcap.org

Find us on Facebook! <https://www.facebook.com/kvcapfec>