

**KVCAP Parent Enrichment Classes
Winter - 2020**

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.

Mondays, (2020): March 9, 16, 23, and 30.

11:00am – 1:00pm

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: (2020) March 16, 23, 30, April 6, 13, 27, May 4, 11, 18, June 1, 8 and 15.

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: (2020) January 14, 21, 28, February 4, 11, 18, 25, March 3, 10, 17, 24, 31, April 7, 14, 28, May 5 and 12

12:00pm – 2:00pm

NEW LOCATION: Crisis and Counseling

346 Water Street, Skowhegan, Maine

Presented by: Kristen Plummer, Anne Osolinski and Sharon Stover

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.

Mondays, (2020): January 13, 20, 27, February 10 and 17.

9:30 to 11:00am

NEW LOCATION: TBD

Any town Maine

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!

Thursdays (2020): January 16, 23, 30, February 6, 13, 20, 27, March 5, and 12.

12:00pm – 1:30pm

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

2:30pm – 4:30pm

NEW LOCATION: Lawrence Adult Education

4 School Street • Fairfield, ME 04937

Presented by: Anne Osolinski, LSW

Nurturing Parent of Teens

There's no denying it. Parents and teens are often at odds, but it doesn't have to be this way. When parents and teens learn together, they find common ground for conversation and problem solving. This program provides a unique approach to strengthening our youth against the daily risks they face.

Each session shows parents how to handle sensitive issues such as drugs, sexuality, and violence. This program is designed to be implemented in a 6 session course, with each session lasting 2 hours.

Monday: (2020) January 27, February 3, 10, 24, March 2, and 9

3:00pm – 5:30pm

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/>