



## KVCAP Parent Enrichment Classes – Kennebec County Winter 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: Jan 7, 14, 21 & 28**

**5:30pm – 7:30pm**

**ONLINE SERIES**

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

Presented by: Emily Buckhalter

**Wednesdays: Jan 22, 29, Feb 5 & 12**

**9:00am – 11:00am**

**KVCAP 1<sup>st</sup> floor meeting room**

97 Water St, Waterville

Presented by: Emily Buckhalter

### **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: Jan 23, 30, Feb 6, 13, 20, 27,**

**Mar 5, 12 & 19**

**8:00am – 10:00am**

**Buker Community Center**

22 Armory St, Augusta

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.

**Spring 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.

**Wednesdays: Feb 19, 26, Mar 4, 11, 18, 25,**

**Apr 1 & 8**

**12:00pm – 2:00pm**

**ONLINE SERIES**

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

Presented by: Emily Buckhalter

**Tuesdays: Mar 3, 10, 17, 24, 31,**

**Apr 7, 14 & 21**

**11:00am – 1:00pm**

**KVCAP 1<sup>st</sup> 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.

**Wednesdays: Jan 8, 15, 22, 29, Feb 5 & 12**

**1:00pm – 3:00pm**

**Buker Community Center**

22 Armory St, Augusta

Presented by: Emily Buckhalter

**Mondays: Jan 27, Feb 3, 10, 17, 24 & Mar 2**

**2:00pm - 4:00pm**

**ONLINE SERIES**

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

Presented by: Emily Buckhalter

**Mondays: Feb 24, Mar 2, 9, 16, 29 & 30**

**5:30pm – 7:30pm**

**Messalonskee High School, Room 208**

131 Messalonskee High Drive, Oakland

Presented by: Emily Buckhalter

*For more information and to register in advance please contact:*

Emily Buckhalter ([ebuckhalter@kvcap.org](mailto:ebuckhalter@kvcap.org)) at 859-1514 or

Deb Rich ([debrar@kvcap.org](mailto:debrar@kvcap.org)) at 859-1580

Visit our website at [www.kvcap.org](http://www.kvcap.org)

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