

**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 1st 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 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.

**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) at 859-1514 or
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