

## 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 27, February 3, 10, 24 and March 2.**

**9:30 to 11:00am**

**NEW LOCATION:** TBD - Pittsfield

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](http://www.kvcap.org) OR*

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