

## KVCAP Parent Enrichment Classes – Kennebec County Winter 2020

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.

**Tuesdays: April 7 through June 30  
5:30 – 7:30 p.m.**

**Educare  
56 Drummond Ave., Waterville  
Presented by: Deb Rich and 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.

**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.

**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, 23 & 30  
5:30pm – 7:30pm**

**Messalonskee High School, Room 208  
131 Messalonskee High Drive, Oakland  
Presented by: Emily Buckhalter**

**Mondays: March 9, 16, 23, 30 & April 6, 13  
5:00 – 7:00 p.m.**

**George J. Mitchell School  
58 Drummond Ave., Waterville  
Presented by: Deb Rich**

*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  
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