

**KVCAP Parent Enrichment Classes – Kennebec County  
Summer 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 we will explore 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: July 21, 28, Aug 4 & 11**

**9:00am – 11:00am**

**ONLINE SERIES**

Presented by: Emily Buckhalter

**Mondays: Aug 10, 17, 24 & 31**

**2:00pm – 4:00pm**

**ONLINE SERIES**

Presented by: Deb Rich

***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.

**Tuesdays: July 14, 21, 28, Aug 4, 11 & 18**

**1:00pm – 3:00pm**

**ONLINE SERIES**

Presented by: Deb Rich

**Wednesdays: Aug 12, 19, 26, Sept 2, 9, & 16**

**10:00am – 12:00pm**

**ONLINE SERIES**

Presented by: Emily Buckhalter

**\*\*NEW\*\***

***Communicating with our Kids***

When talking to our kids, it can be tough to feel like we're the same page. Sometimes it can seem like we're not getting through to them, or like we don't have the right words during a tough conversation. Join us for this free, one-time session as we explore tools for communicating effectively when it comes to navigating conflict, setting expectations, and supporting our kids through their problems.

**Tuesday, August 25<sup>th</sup>**

**2:30pm – 4:00pm**

**ONLINE WORKSHOP**

Presented by: Emily Buckhalter

***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.

**Mondays: July 20, 27, Aug 3, 10, 17, 24 & 31**

**1:00pm – 3:00pm**

**ONLINE SERIES**

Presented by: Emily Buckhalter

**Tuesdays: Sept 8, 15, 22, 29, Oct 6, 13, 20 & 27**

**9:00am – 11:00am**

**ONLINE SERIES**

Presented by: Emily Buckhalter

***Nurturing Parent – Families in Substance Abuse Recovery***

This is an innovative training program that explores the effects of substance abuse on individuals 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 90 minutes.

**FALL SESSIONS TBA**

***The Nurturing Fathers Program***

A 10-session program tailored to meet the needs and learning styles of any male parenting a child!

**FALL SESSIONS TBA**

All of our classes are currently being offered via Zoom! Zoom is a video conferencing platform. As long as you have a device with a working camera, mic, and internet access (smartphones work!), accessing these classes is easy! Please email [ebuckhalter@kvcap.org](mailto:ebuckhalter@kvcap.org) for more information.

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

Emily Buckhalter ([ebuckhalter@kvcap.org](mailto:ebuckhalter@kvcap.org)) at 649-6539 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>