KV CAP Parent Enrichment Classes – Kennebec County

Fall 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.

**Thursdays: September 3, 10, 17 & 24**
9:00am – 11:00am
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.

**Wednesdays: September 16, 23, 30, & Oct 7**
1:00pm – 3:00pm
ONLINE SERIES
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.

**Tuesdays: Sept 22, 29, Oct 6, 13, 20, 27,**
Nov 3 & 10
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**

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 for more information.

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

**Wednesdays: September 23, 30, Oct 7, 14, 21, 28,**
Nov 4, 18, Dec 2, 9 & 16
5:30pm – 7:30pm
ONLINE SERIES
Presented by: Jon Martin & Becky Lambert

For more information and to register in advance please contact:
Emily Buckhalter (ebuckhalter@kvcap.org) at 649-6539 or
Deb Rich (debrar@kvcap.org) at 859-1580
Visit our website at www.kvcap.org
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