KVCAP Parent Enrichment Classes – Kennebec County

Fall/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 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.

- **Wednesdays:** Oct 20, 27, Nov 3 & 10
  - 2:00pm – 4:00pm
  - ONLINE SERIES
  - Presented by: Emily Buckhalter

- **Mondays:** Nov 16, 23, 30 & Dec 7
  - 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.

- **Mondays:** Oct 19, 26, Nov 2, 9, 16 & 23
  - 2:00pm – 4:00pm
  - ONLINE SERIES
  - Presented by: Emily Buckhalter

- **Tuesdays:** Nov 10, 17, 24, Dec 1, 8 & 15
  - 9:00am – 11:00am
  - ONLINE SERIES
  - Presented by: Deb Rich

**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:** Oct 21, 28, Nov 4, 18, Dec 2, 9 & 16
  - 1:00pm – 3:00pm
  - ONLINE SERIES
  - Presented by: Emily Buckhalter

- **Mondays:** Jan 25, Feb 1, 8, 22, Mar 1, 8 & 15
  - 5:30pm – 7:30pm
  - 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 STARTING SOON-- CALL OR EMAIL FOR DETAILS**

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

**SPRING 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.

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**Dealing with Stress**
Whether you’re 15 or 50, a senior or a baby, everyone faces stress in their lives. Teaching our kids healthy ways to cope with stress is one of the best early skills we can offer them, and understanding stress can be one of the best ways to for us to help ourselves. Join us for this free, one-time session as we discuss tools and techniques for coping with stress at all ages.

- **Monday, November 16th**
  - 5:30pm – 7:00pm
  - ONLINE WORKSHOP
  - Presented by: Emily Buckhalter

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*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
Find us on Facebook! https://www.facebook.com/kvcapfec