

**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

****NEW****

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

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.

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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