

KVCAP Parent Enrichment Classes Winter 2021

Sponsored by: KVCAP's Family Enrichment Council of Somerset County

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.

Mondays, (2021): January 11, 25, February 1, and 8

1:00pm – 2:30pm

Location: ZOOM

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

Tuesdays, (2021): March 23, 30, April 13 and 20

10:00am – 11:30am

Location: ZOOM

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

Nurturing Parent – Families in Substance Abuse and Recovery

Families in Substance Abuse is an innovative training program that explores the effects of substance abuse on themselves 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 17 week program, with each session being 1 ½ hours.

Tuesdays: (2020/2021) December 1, 8, 15, 22, (2021) January 5, 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 23, and 30

12:00pm – 1:30pm

Location: ZOOM

346 Water Street, Skowhegan, Maine

Presented by: Anne Osolinski and Sharon Sagat -Stover

Nurturing Parent – HOPE

Parents and their children with special needs and health challenges is designed to help parents and their children with chronic or life threatening medical conditions, developmental delays, life-altering disorders and disabilities. This program is designed to be implemented in a 12 week program, with each session being 1 ½ hours.

Mondays, (2021): January 25, February 1, 8, 22, March 1, 8, 15, 22, 29, April 5, 12 and 19.

Time: 3:30pm to 5:00pm

Location: ZOOM

Presented by: Anne Osolinski, LSW

Nurturing Parent of Teens

There's no denying it. Parents and teens are often at odds, but it doesn't have to be this way. When parents and teens learn together, they find common ground for conversation and problem solving. This program provides a unique approach to strengthening our youth against the daily risks they face.

Each session shows parents how to handle sensitive issues such as drugs, sexuality, and violence. This program is designed to be implemented in a 6 session course, with each session lasting 1 1/2 hours.

Monday: (2021): March 15, 22, 29, April 5, and 12

Time: 1:00pm to 2:30pm

Location: ZOOM

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW

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 5-12. This program is designed to help raise responsible children by using effective discipline techniques and encouragement skills.

Mondays, (2021): January 25, February 1, 8, 22, and March 1.

Time: 3:30pm to 5:00pm

Location: ZOOM

Presented by: Anne Osolinski, LSW

Mondays, (2021): March 8, 15, 22, 29 and April 5.

Time: 10:00am to 11:30am

Location: ZOOM

Presented by: Anne Osolinski, LSW

The Nurturing Fathers Program

A 13-session program that is 2 hours and 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.

Tuesday: (2021) January 12, 19, 26, February 2, 9, 16, 23, March 2, 9, 16, 23, 30, and April 6.

3:00pm to 4:30pm

Location: ZOOM

26 Mary Street, Skowhegan

Presented by: Anne Osolinski, LSW and Jon Heath – Director of Menswork

*For more information and to register in advance please call:
Anne Osolinski at 859-2521 or Kristen Plummer at 859-2520*

OR Visit our website at www.kvcap.org OR

Visit our Facebook page at: <https://www.facebook.com/kvcapfec/>