



## KVCAP Parent Enrichment Classes – Kennebec County Spring 2021

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: April 15, 22, 29, May 6**

**1:00pm – 3:00pm**

**ONLINE SERIES**

Presented by: Jenny Freundlich

**Wednesdays: June 2, 9, 16 & 23**

**9:00am – 11:00am**

**ONLINE SERIES**

Presented by: Emily Buckhalter

### ***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: May 3, 10, 17, 24, Jun 7 & 14**

**12:30pm – 2:30pm**

**ONLINE SERIES**

Presented by: Jenny Freundlich

**Tuesdays: June 8, 15, 22, 29, July 6 & 13**

**9:00am – 11:00am**

**ONLINE SERIES**

Presented by: Emily Buckhalter

### ***Positive Parenting & Praise***

During the tough moments in parenting, we always hope to know what to say or do to guide our kids toward the path that's best for them—but parents are only human! Choosing a productive, positive response when emotions are running high is much easier said than done. Join us for this single-session designed to explore tools that we can reach for at these times to help keep our kids—and ourselves—on track.

**Monday, March 29<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.

**Wednesdays: Mar 17, 24, 31,**

**Apr 7, 14, 21, 28 & May 5**

**1:00pm – 3:00pm**

**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.

**Tuesdays: Mar 2 – Jun 22**

**3:30pm – 5:00pm**

**ONLINE SERIES**

Presented by: Emily Buckhalter & Elisa Sousa

### ***The Nurturing Fathers Program***

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

**Wednesdays: Mar 17 – May 19**

**5:30pm – 7:30pm**

**ONLINE SERIES**

Presented by: Jenny Freundlich & Jon Martin

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:*

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