

**KVCAP Parent Enrichment Classes – Kennebec County
Summer 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.

Wednesdays: June 2, 9, 16 & 23

9:00am – 11:00am

ONLINE SERIES

Presented by: Emily Buckhalter

Mondays: July 19, 26, Aug 2 & 9

12:00pm – 2:00pm

ONLINE SERIES

Presented by: Jenny Freundlich

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.

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

9:00am – 11:00am

ONLINE SERIES

Presented by: Emily Buckhalter

Wednesdays: July 21, 28, Aug 4, 11, 18 & 25

5:30pm – 7:30pm

ONLINE SERIES

Presented by: Jenny Freundlich

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, May 24th

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: May 19, 26,

June 2, 9, 16, 23, 30, July 7

3:00pm – 5:00pm

ONLINE SERIES

Presented by: Emily Buckhalter

Nurturing Parent – Families in Substance Abuse Recovery

This program explores the effects of substance abuse on individuals and their families. Parents will learn nurturing skills using a variety of techniques and activities that accommodate different learning styles. This program is a 17 week program, but currently offers rolling enrollment.

Tuesdays: June 8 – Sept 28th

3:30pm – 5:00pm

ONLINE SERIES

Presented by: Jenny Freundlich & Elisa Sousa

The Nurturing Fathers Program

A 12-session program tailored to meet the needs and learning styles of any male parenting a child!

Fall Classes TBA

Zoom! Playgroup

This weekly playgroup is designed for children birth – age 5 and their caregivers. We will share a new story, song, and craft each week. Connect with other parents while your little ones practice social, cognitive, and language skills through play. Register once and come to one group, some, or all!

Wednesdays – 10:00am

ONLINE GROUP

Presented by: Jenny Freundlich

For more information and to register in advance please contact:

Emily Buckhalter (ebuckhalter@kvcap.org) at 649-6539

Visit our website at www.kvcap.org

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