

KVCAP Parent Enrichment Classes Fall/Winter - 2021

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

All Classes are Free and Pre-registration is required

Nurturing Fathers Program

A 13-session program that is 1 1/2 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) September 28, October 5, 12, 19, 26, November 2, 9, 16, 23, 30, December 7, 14 and 21.

3:00pm to 4:30pm

Location: (On Line class)

Presented by: Anne Osolinski, LSW and Jon Heath

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.

Thursdays (2021): August 12, 19, 26, Sept 2nd.

Time: 12:00-2:00pm

Location: Zoom

Presented by: Jenny Freundlich

Thursdays (2021): November 4, 11, 18, December 2nd

Time: 5:30-7:30pm

Location: Zoom

Presented by: Jenny Freundlich

Nurturing Parenting for Families in Recovery

If you are a parent or caregiver working on your recovery and want to learn more about the effects of substance use on your family, parenting style, and your relationship with your child join us for this 17-week program. You will explore hands on activities along with guided discussions to enhance your self-awareness and increase your ability to relate to your child/children in a safe and supportive environment surrounded by parents and caregivers who share similar life experiences.

Tuesdays: (2021) July 13, 20, 27, July 13, 20, 27, August 3, 10, 17, 24, 31, September 7, 14, 21, 28, October 5, 19, 26 and November 2.

10:00am –11:30am

Location: (On Line class)

Presented by: Anne Osolinski, LSW and Sharon Sagat-Stover, LSW

For more information and to register in advance please call:
Anne Osolinski at 859-2521, Jenny Freundlich at 859-1580 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/>

Supported by: Maine Department of Health and Human Services

Nurturing Parent – Families in Recovery Group – (this is an add on and does not take the place of the original class)

If you are a parent or caregiver working on your recovery and want to learn more about the effects of substance use on your family, parenting style, and your relationship with your child join us, This program is an add on to the class on Tuesdays. It is designed to be implemented in a 12 week program, with each session being 1 1/2 hours.

Fridays, (2021): October 1, 8, 15, 22, 29, November 5, 12, 19, December 3, 10, and 17.

Time: 10:00am to 11:30am

Location: (On Line class)

Presented by: Anne Osolinski, LSW

Nurturing Parent of Teens and Tweens

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.

Mondays: (2021): October 18, 25, November 1, 8, 15, and 22.

Time: 1:00pm to 3:00pm

Location: (On Line class)

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.

Thursdays (2021): August 12, 19, 26. Sept. 2, 9, 16th

Time: 5:30-7:30pm

Location: Zoom

Presented by: Jenny Freundlich

Mondays (2021): October 18, 25, Nov. 1, 8, 15, 22nd

Time: 10:00am – 12:00pm

Location: Zoom

Presented by: Jenny Freundlich

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 aosolinski@kvcap.org for more information.