

**KVCAP Parent Enrichment Classes – Kennebec County  
Fall 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.

**Mondays: Sept 13, 20, 27 & Oct 4**  
**5:30pm – 7:30pm**  
**ONLINE SERIES**  
Presented by: Jenny Freundlich

**Mondays: November 1, 8, 15 & 22**  
**1:00pm – 3:00pm**  
**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.

**Thursdays: Sept 16, 23, 30, Oct 7, 21 & 28**  
**3:00pm – 5:00pm**  
**ONLINE SERIES**  
Presented by: Jenny Freundlich

**Wednesdays: Nov 10, 17, 24, Dec 1, 8, 15, 22**  
**11:00am - 1:00pm**  
**ONLINE SERIES**  
Presented by: Emily Buckhalter

***The Nurturing Fathers Program***

This 12 session program is tailored to meet the needs and learning styles of any male parenting a child! Topics include positive discipline strategies, communication, conflict resolution and teamwork.

**Wednesdays: September 22 – December 15**  
**5:30-7:30pm**  
**ONLINE SERIES**  
Presented by: Jenny Freundlich & Jon Martin

***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.

**Tuesdays: Oct 5, 12, 19, 26, Nov 2, 9, 16 & 23**  
**Time: 1:00pm – 3:00pm**  
**ONLINE SERIES**  
Presented by: Becky Lambert

***Nurturing Parenting – 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 is a 17 week program, but offers rolling enrollment – contact us to register any time!

**Tuesdays: October 12 – February 8**  
**3:30pm – 5:00pm**  
**ONLINE SERIES**  
Presented by: Jenny Freundlich & Elisa Sousa

***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 & Maine Families

For more information and to register in advance please contact:  
Jenny Freundlich (jfreundlich@kvcap.org) or 859-1580  
Visit our website at [www.kvcap.org](http://www.kvcap.org)  
Find us on Facebook!  
<https://www.facebook.com/KennebecFamilyEnrichmentCouncil>