

KVCAP Parent Enrichment Classes Winter – 2021/2022

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 anyone that can identify as a male caregiver who is parenting! 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: (2022) March 22, 29, April 5, 12, 19, May 3, 10, 17, 24, 31,
June 7, 14 and 21**

Time: 3:00pm to 4:30pm

Location: Zoom

Presented by: Anne Osolinski 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.

Wednesdays (2022): January 5, 12, 19 and 26.

Time: 5:30pm-7:30pm

Location: Zoom

Presented by: Kristen Plummer

Tuesdays, (2022): February 1, 8, 15 and 22.

Time: 3:00pm to 5:00pm

Location: Zoom

Presented by: Anne Osolinski

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) November 9, 16, 23, 30, December 7, 14, 21,
January 4, 11, 18, 25, February 1, 8, 15, 22, March 1, and 8.**

Time: 10:00am –11:30am

Location: Zoom

Presented by: Anne Osolinski and Elisa Sousa

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 9 week program, with each session being 2 hours.

Fridays, (2022): March 25, April, 1, 8, 15, 22, 29, May 6, and 13.

Time: 10:00am to 12:00noon

Location: Zoom

Presented by: Anne Osolinski, LSW

Active Parenting 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 2 hours.

Mondays: (2022): January 3, 10, 24, 31, February 7 and 14

Time: 2:00pm to 4:00pm

Location: Zoom

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 (2022): January 13, 20, 27 February 3, 10 and 17

5:30pm-7:30pm

Location: Zoom

Presented by: Jenny Freundlich

Tuesdays (2022); February 11, 18, 25, March 4, 11, and 18

Time: 10:00am – noon

Location: Zoom

Presented by: Anne Osolinski, LSW

*For more information and to register in advance please call:
Anne at 859-2521, Jenny at 859-1580 or Kristen at 859-2520
OR Visit our website at www.kvcap.org OR
Visit our Facebook page at: <https://www.facebook.com/kvcapfec/>*

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.