

KVCAP Parent Enrichment Classes – Kennebec County Fall/Winter 2021/2022

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: November 1, 8, 15 & 22

1:00pm – 3:00pm

Presented by: Jenny Freundlich

Mondays: Dec 6, 13, 20 & 27

1:30pm – 3:30pm

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.

Wednesdays: Nov 10, 17, 24, Dec 1, 8, 15 & 22

11:00am - 1:00pm

Presented by: Emily Buckhalter

Tuesdays: Jan 4, 11, 18, 25, Feb 1 & 8

1:00pm – 3:00pm

Presented by: Emily Buckhalter

Dealing with Stress

Whether you're 15 or 50, a senior or a baby, everyone faces stress in their lives. Teaching our kids healthy ways to cope with stress is one of the best early skills we can offer them, and understanding stress can be one of the best ways to for us to help ourselves. Join us for this free, one-time session as we discuss tools and techniques for coping with stress at all ages.

Monday, November 29th

2:30pm – 4:00pm

Presented by: Emily Buckhalter

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

Presented by: Jenny Freundlich & Maine Families

Cooperative Parenting & Divorce

This video and discussion-based program gives 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 parent or caregivers.

Tuesdays: Nov 30 – Jan 18

9:00am – 11:00am

Presented by: Emily Buckhalter

Nurturing Parenting – Families in Substance Abuse Recovery

This program explores the effects of substance abuse and recovery 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

Presented by: Jenny Freundlich & Elisa Sousa

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: March 16 – June 1, 2022

5:30-7:30pm

Presented by: Jenny Freundlich & Jon Martin

Circle of Parents

New! This informal, encouraging group is open to anyone parenting a child. Connect with other caregivers -- share ideas; share support.

November 3 & 17, December 1 & 15

11am-12pm

Presented by: Jenny Freundlich & Maine Families

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 contact our presenters for more information.

For more information and to register in advance please contact:

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

Jenny Freundlich at (jfreundlich@kvcap.org) or 859-1580

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