KV_CAP Parent Enrichment Classes – Kennebec County
Winter/Spring 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.

**Wednesdays: January 19, 26 & Feb 2, 9**
1:00pm – 3:00pm
Presented by: Jenny Freundlich

**Mondays: Feb 7, 14, 21 & 28**
5:30pm – 7:30pm
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: Jan 4, 11, 18, 25, Feb 1 & 8**
1:00pm – 3:00pm
Presented by: Emily Buckhalter

**Mondays: Jan 31, Feb 7, 14, 28, Mar 7 & 14**
9:00am – 11:00am
Presented by: Emily Buckhalter

**Brain Under Construction**
Join us as we look at the development of the human brain from birth to maturity. We’ll explore how we can use this knowledge to inform our parenting strategies at all ages regarding communication, discipline, encouragement, and more!

**Monday, January 24th**
2:00pm – 3:30pm
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.

**Wednesdays: Feb 2 – Mar 23**
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!

**Tuesday Afternoons: Rolling Admissions**
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**
This informal, encouraging group is open to anyone parenting a child. Connect with other caregivers -- share ideas, resources and support.

**Every other Thursday**
January 6, 20, Feb 3, 17 & March 3, 17, 31
11:00am – 12:30pm
Facilitated 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 contact our presenters for more information.

For more information and to register in advance please contact:
Emily Buckhalter at (ebuckhalter@kvicap.org) or 649-6539, or Jenny Freundlich at (jfreundlich@kvicap.org) or 859-1580
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