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.

**Tuesdays: Mar 1, 8, 15 & 22**
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.

**Mondays: February 28, Mar 7, 14, 21, 28 & Apr 4**
11:00am – 1:00pm
Presented by: Emily Buckhalter

**Thursdays: April 7, 14, 21, 8, May 5 & 12**
5:30-7:30pm
Presented by: Jenny Freundlich

**Dealing with Stress**
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.

**Tuesday February 22nd**
1:00pm – 2:30pm
Presented by: Emily Buckhalter

**Understanding Feelings**
Expressing our emotions and taking on the perspectives of others is one of the best ways to enrich our relationships and gain cooperation—a skill we can use with, and teach to the children in our lives! We explore methods for doing so in this single-session workshop.

**Tuesday March 15th**
9:00am – 10:30am
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: Mar 16 – May 11**
1:00pm – 3:00pm
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; share support. Rolling enrollment – join any time!

**Every other Thursday**
Feb 3, 17, March 3, 17, 31, April 14 & 28
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@kvcap.org) or 649-6539, or Jenny Freundlich at (jfreundlich@kvcap.org) or 859-1580
Find us on Facebook! https://www.facebook.com/kvcapfec