KVCAP Parent Enrichment Classes  
Spring - 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 who 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

Link to register: http://us02web.zoom.us/meeting/register/tZAvuizgrG1XwYHMaxs9A1a5yYSVurdX

**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):** March 9, 16, 23 and 30.
Time: 3:00-5:00
Location: Zoom
Presented by: Kristin Plummer

Link to register: https://us02web.zoom.us/meeting/register/tZws-cyUr70pGdDAPEDkbTdoypY6b8Is935

**Mondays (2022):** April 4, 11, 25 and May 2.
Time: 5:30pm to 7:30pm
Location: Zoom
Presented by: Anne Osolinski, LSW

Link to register: http://us02web.zoom.us/meeting/register/tZ0lcOmhrqjETB9ajwCDxeAug0Ti2ZjCsw

**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: (2022)** March 15, 22, 29, April 5, 12, 19, 26, May 3, 10, 17, 24, 31, June 7, 14, 21, and 28
Time: 10:00am –11:30am
Location: Zoom
Presented by: Anne Osolinski and Elisa Sousa

Link to register: http://us02web.zoom.us/meeting/register/tZ0vuCuqzkog9QubWvZqu7hcm.q5ovDxG1X

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/

Supported by: Maine Department of Health and Human Services
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 or kristenp@kvcap.org for more information.

**Nurturing Parent – Hope**
This program is to be implemented in a 9 week program that is designed to help parents and their children with chronic or life threatening medical conditions, developmental delays, life-altering disorders and disabilities.

**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
Link to Register: http://us02web.zoom.us/meeting/register/tZcqc-mqTfVGr3jJW6k7z62G6axwYu1z

**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. In this series of 6 session course, parents and teens learn together, along with finding common ground for conversation and problem solving. The program provides a unique approach to strengthening our youth against the daily risks they may face. Along with showing parents how to handle sensitive issues such as: drugs, sexuality, and violence.

**Mondays (2022):** May 16, 23, June 6, 13, 20, and 27
Time: 12:00pm to 2:00pm
Location: Zoom
Presented by: Anne Osolinski, LSW
Link to Register: http://us02web.zoom.us/meeting/register/tZErde-gpMqGdySKrdtfh6vtOQbqwxR6CGL

**Active Parenting Now**
Do you ever wonder if there is a better way to handle some of those daily parenting challenges? In this 6 - session video and discussion program parents/care providers of children ages 5-12 will learn how to: help raise responsible children by using effective discipline techniques and encouragement skills.

**Mondays (2022):** March 28, April 4, 11, 25, May 2 and 9
Time: 3:00pm to 5:00pm
Location: Zoom
Presented by: Anne Osolinski
Link to Register: http://us02web.zoom.us/meeting/register/tZErdfs-gpMqGdySKrdtfh6vtOQbqwxR6CGL

**Infant Safe Sleep/Period of Purple Crying - Open Community Training**
Are you a parent, caregiver, or grandparent with a new baby in your life, or one on the way? Join us for this FREE Zoom workshop as we explore the American Academy of Pediatrics most up-to-date safe sleep recommendations. We will also discuss the Period of PURPLE crying, a typical time in babies’ lives when they experience increased crying, and strategies for soothing a crying baby.

**Date:** February 23rd, 2022
Time: 5:30-7:30pm
Register here:
https://us02web.zoom.us/meeting/register/tZwpcuGupzp4pGNZOMXD5G93QC-4DJUt1vdwA

**Supported by:** Maine Department of Health and Human Services