

# **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 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

Link to register:

http://us02web.zoom.us/meeting/register/tZAvcuiorzguGNULwYHMaxns9ArlaV5 VURDX



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: Kristen Plummer

Link to register: https://us02web.zoom.us/meeting/register/tZwscyurT0pGdDAPEDkbTdoypY6b8lls935

> 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:

Link to

http://us02web.zoom.us/meeting/register/tZ0lcOmhrzsjEtRba9JjCDxeAuq0Tj2ZjCs W

### 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 selfawareness 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

register: http://us02web.zoom.us/meeting/register/tZ0vduCuqzkoG9OubWvZqu7 hcm g5ovDxG1X

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

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/tZcgcmqqTMvGt3JrW6zk7x62Gv6axwwUr1z

#### 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/tZErdegpjMqGdySKrdtfh6vtOQbqwxR6CGL

## 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 3:00pm to 5:00pm

> > Location: Zoom

Presented by: Anne Osolinski Link to Register: http://us02web.zoom.us/meeting/register/tZEvf-6ppjstHtSo76spO\_BVTtmgAwNF73YT

Mondays (2022); May 16, 23, June 6, 13, 20, and 27 Time: 3:00pm to 5pm

Location: Zoom Presented by: Anne Osolinski, LSW

Link to

Register: http://us02web.zoom.us/meeting/register/tZwpcuGupz4pGNZOMXD5G 92Qc-4DUITvdvaM

## 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/tZwufu6qrj8pHdK06jBJ8bLmKZav 0zgEe38m

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.