

KVCAP Parent Enrichment Classes – Somerset County Fall 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.

Thursdays: Sept 1, 8, 15 & 22nd

5:30 – 7:30pm

Presented by: Jenny Freundlich

Wednesdays: Oct. 5, 12, 19 & 26th

1:00 – 3:00pm

Presented by: Kristen Plummer

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 caregivers of children ages 5 and up.

Mondays: October 3rd – November 14th

11:00am – 1:00pm

Presented by: Jenny Freundlich

Active Parenting: Tweens & Teens

For parents of preteens and teens, this video and discussion program provides parents with the skills needed to use effective discipline, teach responsibility, and communicate with their children. Each session includes information on coping with real life issues teens face, such as drugs, sexuality, and violence.

Mondays: Sept. 12th – Oct. 24th

2:00pm – 4:00pm

Presented by: Jenny Freundlich

Zoom! Playgroup

This 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 learn through play. Register once and come to one group, some or all!

2nd & 4th Wednesdays each month – 10:00 – 10:30 am

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.

Nurturing Parenting for Families in Recovery

This program explores the effects of substance abuse and recovery on individuals and families. Parents will learn nurturing skills using a variety of techniques and activities that accommodate different learning styles. This is a 17 week program, with rolling enrollment – contact us to register any time.

Tuesday Mornings: Rolling Admissions

10:00am – 11:30am

Presented by: Kristen Plummer, KVCAP & Natasha Smith, Crisis & Counseling

The Nurturing Fathers Program

This 12 session program is designed for any male-identified person who is parenting a child! Participants will learn skills for communication, encouragement, positive discipline strategies, teamwork, problem solving and more.

Tuesdays: Sept. 6 – Nov. 22nd.

3:00pm – 4:30pm

Presented by: Kristen Plummer & Jon Heath

Nurturing Hope

Thursdays: Oct. 20 – Dec. 15th

2:00 – 4:00pm

This Nurturing Parenting program is designed for families of children with special needs and health challenges. Participants will explore strategies for communication, positive discipline and encouragement, coping and soothing, and more, while connecting with other caregivers in a supportive environment.

Exploring Relationships

Fridays: 12:00 – 1:00pm

Presented by: Kristen Plummer

This peer support group is open to anyone parenting a child. Connect with other caregivers, explore topics in nurturing ourselves and our children - share ideas and support!

For more information and to register in advance please contact:

Kristen Plummer at (kristenp@kvcap.org) or 859-2520, or

Jenny Freundlich at (jfreundlich@kvcap.org) or 859-2521

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