

KVCAP Parent Enrichment Classes – Kennebec County Summer-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.

**Mondays: Aug 15, 22, 29
& Sept 12**

1:00pm – 3:00pm

Presented by: Emily Buckhalter

Mondays: Sept 26, Oct 3, 17 & 24

1:00pm – 3:00pm

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.

**Wednesdays: September 14, 21, 28,
Oct 5, 12 & 19**

1:00pm – 3:00pm

Presented by: Emily Buckhalter

Effective Encouragement

We want to be positive with our kids, and motivate them to make good choices and reach their goals—but in the tough moments, it can be easier said than done! Join us for this single-session designed to explore how to use praise and encouragement effectively

**Tuesday October
18th**

9:00am – 10:30am

Presented by: Emily Buckhalter

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 practice social, cognitive, and language skills through play. Register once and come to one group, some or all!

Wednesdays – 10:00 – 10:30 am

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: Sept 7th – October 26th

9:00am – 11:00am

Presented by: Emily Buckhalter

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 Afternoons: Rolling Admissions

3:30pm – 5:00pm

Presented by: Jenny Freundlich & Elisa Sousa

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.

Wednesdays: September 14 – December 7

5:30-7:30pm

Presented by: Jenny Freundlich & Jon Martin

Circle of Parents

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!

Every other Thursday - 11:00am – 12:30pm

Facilitated by: Council Staff & Parent Leaders

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
Erin McClay at (emcclay@kvcap.org) or 859-1588
Find us on Facebook! <https://www.facebook.com/kvcapfec>*