

## KVCAP Parent Enrichment Classes – Somerset County Winter 2022-23

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: December 1, 8, 15 & 22<sup>nd</sup>**

**5:30pm – 7:30pm**

Presented by: Kristen Plummer

### ***Active Parenting Now***

Do you ever feel like there is a better way to handle those daily parenting challenges? Learn how with this 6 session video & discussion-based program for parents and caregivers of children ages 5-12. Participants will learn strategies for communication, positive discipline, building self-esteem, and more!

**Tuesdays: Dec. 20<sup>th</sup> – Jan. 31<sup>st</sup>**

**1:00pm – 3:00pm**

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.

**Wednesdays: January 4<sup>th</sup> – February 15<sup>th</sup>, 2023**

**5:30 – 7:30pm**

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 activity each week. Connect with other parents while your little ones learn through play. Register once and come to one group, some or all!

**2<sup>nd</sup> & 4<sup>th</sup> Wednesdays each month – 10:00am – 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.

**Late Winter/Spring 2023 Dates TBA**

Presented by: Kristen Plummer & Jon Heath

### ***Nurturing Hope***

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.

**Thursdays: Feb. 16 - April 6, 2023**

**3:00 – 5:00pm**

Presented by: Jenny Freundlich

### ***Infant Safe Sleep & Period of PURPLE Crying***

Do you have a new baby in your life, or one on the way?

During this single session training, we will explore the American Academy of Pediatrics' updated safe sleep recommendations. We will also discuss the Period of PURPLE Crying, a typical time in babies' lives when they experience increased crying, plus strategies for coping, and soothing a crying baby.

**Contact Us to Schedule**

Presented by: Council Staff

*For more information and to register in advance please contact:*

**Kristen Plummer at ([kristenp@kvcap.org](mailto:kristenp@kvcap.org)) or 859-2520, or  
Jenny Freundlich at ([jfreundlich@kvcap.org](mailto:jfreundlich@kvcap.org)) or 859-2521  
Find us on Facebook! <https://www.facebook.com/kvcapfec>**