



KVCAP Parent Enrichment Classes – Somerset County Spring 2023

All Classes are Free and Pre-registration is required

For more information and to register in advance please contact:

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

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

Find us on Facebook! <https://www.facebook.com/kvcapfec>

Classes are held over Zoom unless otherwise noted

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.

Wednesdays: March 22, 29, April 5 & 12th

5:00 -7:00pm

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.

Thursdays: May 4 – June 8th

3:00pm – 5:00pm

Presented by: Jenny Freundlich

Active Parenting: Tweens & Teens

For parents of preteens and teens, this 7 session video and discussion program provides parents with skills for effective discipline, teaching responsibility, and communicating with their children. Each session includes information on coping with real-life challenges teens and families face.

Mondays: May 1 – June 19th

12:00pm – 2:00pm

Presented by: Jenny Freundlich

Play & Parent Groups

Connect with other parents while your little ones learn through play! We will share stories, songs and activities each week. Now offering **both in person and Zoom options**

1st & 3rd Wednesdays each month –

Centenary United Methodist Church, Skowhegan

10:30 – 11:30am

2nd & 4th Wednesdays each month - ZOOM

10:00 am – 10:30 am

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

Join us for this 12 session program especially for dads (any father figures welcome!) Participants will learn skills for communication, encouragement, positive discipline strategies, effective teamwork, problem solving and more.

Tuesdays: April 11 – June 27

3:00 – 4:30pm

Presented by: Kristen Plummer & Jon Heath

Building Self Esteem

Join us for this single session workshop and learn strategies for building self-esteem and using praise effectively, to encourage children of all ages – and ourselves!

Thursday: April 13

5:00 – 7:00pm

Presented by: Jenny Freundlich

Circle of Parents

This is a mutual peer support group. We are parents and caregivers supporting and uplifting each other to raise healthy children. Connect with other caregivers, explore topics in nurturing ourselves and our children - share ideas and support!

1st and 3rd Thursday of each month

11:00am – 12:30pm

Facilitated by: Parent Leaders & Council Staff