



KVCAP Parent Enrichment Classes – Kennebec County Spring/Summer 2023

Supported by the Maine Department of Health and Human Services

Programs are offered via Zoom unless otherwise noted

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.

Wednesdays: May 31, 7, 14 & 21

9:00am – 11:00am

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.

Mondays: June 26, July 3, 10, 17, 24 & 31

10:00am – 12:00pm

Presented by: Emily Buckhalter

Dealing with Stress

Everyone faces stress in their lives! Teaching our kids healthy ways to cope with stress is one of the best early skills we can offer them, and understanding stress can be one of the best ways for us to help ourselves. Join us for this free, one-time session as we discuss tools and techniques for coping with stress at all ages.

Tuesday May 9th

2:30pm – 4:00pm

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!

2nd & 4th Wednesdays of the Month – 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: May 31, June 7, 14, 21, 28,

July 5, 12 & 19

12:00pm – 2:00pm

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 & Diane Bouffard

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.

Fall Dates TBA

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

For more information and to register in advance please contact:

Emily Buckhalter at (ebuckhalter@kvcap.org) or 649-6539, or

Megan Dickinson at (mdickinson@kvcap.org) or 859-1588

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