KVCAP Parent Enrichment Classes – Kennebec & Somerset Counties

Fall 2023

These classes are offered over Zoom. Contact us to learn about our in person programs!

The First Five Years
In this series of 4 classes we 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: Sept. 11, 18, 25th & Oct. 2nd
5:00pm – 7:00pm
Presented by: Kristen Plummer

Wednesdays: Oct 25, Nov 1, 8, & 15
9:00am – 11:00am
Presented by: Emily Buckhalter

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.

Tuesdays: October 10 – November 28th
9:00 – 11:00am
Presented by: Emily Buckhalter

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: August 31st – October 5th
2:00 – 4:00pm
Presented by: Jenny Freundlich

Wednesdays: September 20th – October 25th
4:30 – 6:30pm
Presented by: Megan Dickinson

Active Parenting: Tweens & Teens
For parents of preteens and teens, this 7 session video and discussion program explores adolescent development, and provides parents with tools for communicating with their teens, teaching responsibility, effective discipline, and encouragement.

Wednesdays: September 13 – October 25th
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

All of our classes are FREE to families
To register, contact us:

Kennebec County:
Emily Buckhalter ebuckhalter@kvcap.org 207-649-6539
Megan Dickinson mdickinson@kvcap.org 207-859-1580
https://www.facebook.com/KennebecFamilyEnrichmentCouncil

Somerset County:
Jenny Freundlich jfreundlich@kvcap.org 207-859-2521
Kristen Plummer kristenp@kvcap.org 207-859-2520
https://www.facebook.com/kvcapfec

Funding for the Prevention Councils is provided by the Department of Health and Human Services: Office of Child and Family Services and supported by Maine Children’s Trust.
Nurturing Parenting for Families in Recovery
This program explores the effects of substance use and recovery on individuals and families. Participants learn nurturing skills using a variety of discussion 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

Tuesday Afternoons: Rolling Admissions
3:30 – 5:00pm

The Nurturing Fathers Program
Join us for this 12 session program especially for dads (any father figures welcome!) Participants will learn about the roots of fathering, and practice skills for communication, problem-solving, guiding behavior, building self-esteem and the parent-child relationship.

Tuesdays: August 29 – November 14th
3:00 – 4:30pm
Presented by: Jon Heath & Kristen Plummer

Wednesdays: September 13th – November 29th
5:30 – 7:00pm
Presented by: Jon Martin & Emily Buckhalter

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 advocating for your child. The class offers opportunities to meet community resources, and connect with other caregivers in a supportive environment.

February 2024
TBA
Presented by: Jenny Freundlich

Community Nurturing Workshops
Join us for these single session workshops designed to apply to a wide variety of parenting experiences. Topics include Brain under Construction, Communication Self-Esteem, Managing Stress, Effective Encouragement, and more!

Schedules & Routines
Did you know that consistent, nurturing routines help build resilience in kids of all ages? And, they help adults cope with our busy lives, too! Join us for this single session workshop and explore how and why to build daily routines for humans of all ages.

Wednesday, August 30th
12:00 – 2:00pm
Presented by: Jenny Freundlich

Cooperation through Communication
Do you ever feel like you and your child are speaking a different language? Do you sometimes struggle to get on the same page as other adults in your child's life? Learning to communicate effectively with kids and co-parents benefits everyone! Join us for this single-session workshop and practice step-by-step strategies for communicating as a parent.

Monday, September 11th
2:00 – 3:30pm
Presented by: Emily Buckhalter

Attention New Parents & Caregivers!
Have a new baby in your life, or one on the way? Contact us about our free programs for you:

Infant Safe Sleep - Period of Purple Crying
Play and Parent Groups

All of our classes are FREE to families
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