



## KVCAP Parent Enrichment Classes – Kennebec & Somerset Counties

Winter 2023-24

**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 and caregivers of children from birth-age 5.

**Mondays: Nov. 20, 27, Dec. 4 & 11th**

**5:00pm – 7:00pm**

Presented by: Emily Buckhalter

**Wednesdays: Dec. 20, 27, Jan. 3 & 10th**

**5:00pm – 7:00pm**

Presented by: Jenny Freundlich

### **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.

**Mondays: November 6 – December 11**

**5:00 – 7:00pm**

Presented by: Jenny Freundlich

**Wednesdays: January 3 – February 7**

**5:00 – 7:00pm**

Presented by: Emily Buckhalter

### **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.

**Thursdays: January 11 – February 22, 2024**

**1:00 – 3:00pm**

Presented by: Jenny Freundlich

### **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.

**2024 Dates TBA**

*Contact Us*

Presented by: Emily Buckhalter

### **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](mailto:ebuckhalter@kvcap.org) 207-649-6539

Megan Dickinson [mdickinson@kvcap.org](mailto:mdickinson@kvcap.org) 207-859-1580

<https://www.facebook.com/KennebecFamilyEnrichmentCouncil>

Somerset County:

Jenny Freundlich [jfreundlich@kvcap.org](mailto:jfreundlich@kvcap.org) 207-859-2521

Kristen Plummer [kristenp@kvcap.org](mailto:kristenp@kvcap.org) 207-859-2520

<https://www.facebook.com/kvcapfec>

## **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 12 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**

Presented by: Megan Dickinson, KVCAP & Diane Bouffard, G.E.A.R. Parent Network

## **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: Winter 2024 Dates TBA**

[Contact Us](#)

Presented by: Jon Heath & KVCAP Staff

### **Wednesdays: 2024 Dates TBA**

[Contact Us](#)

Presented by: Nurturing Fathers Facilitators

## **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.

### **Wednesdays: January 31 – March 20th**

**5:00 – 7:00pm**

Presented by: Jenny Freundlich

## **Community Nurturing Workshops**

*Join us for these single session workshops based on the Nurturing Parenting curriculum, and designed to apply to a wide variety of parenting experiences.*

### **Understanding Feelings**

Expressing our emotions and taking on the perspectives of others is one of the best ways to enrich our relationships and encourage cooperation – skills we can use with, and teach to the children in our lives. In this free workshop, we'll learn nurturing strategies for responding to feelings, and supporting emotion regulation from toddlers to teens.

### **Wednesday, December 6th**

**5:00 – 7:00pm**

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.

### **Tuesday, January 16th**

**10:00 – 11:30am**

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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