



## KVCAP Parent Enrichment Classes – Kennebec & Somerset Counties

Winter - Spring 2024

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

### **The First Five Years**

In this series of 5 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.

**Wednesdays: February 28 – March 27th**

**9:00 – 11:00am**

Presented by: Emily Buckhalter

**Mondays: February 26<sup>th</sup> – March 25th**

**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.

**Mondays: March 4 – April 8**

**9:00 – 11:00am**

Presented by: Emily Buckhalter

**Mondays: April 1 – May 13**

**5:00 – 7:00pm**

Presented by: Jenny Freundlich

### **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.

**Tuesdays: May 7 – June 18th**

**5:00 – 7:00pm**

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.

**Mondays: February 26th - April 15th**

**5:00 – 7:00pm**

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/kvcafec>

## **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: Jenny Freundlich, 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: February 20th – May 21st**

**3:00 – 4:30pm**

Presented by: Jon Heath, FVP & Kristen Plummer, KVCAP

### **Wednesdays: February 28 – May 15th**

**5:30 – 7:00pm**

Presented by: Emily Buckhalter & Jon Martin

## **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: February 7th – March 27th**

**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.*

### **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 as we discuss tools and techniques for coping with stress at all ages.

### **Tuesday, March 19th**

**11:00am – 12:30pm**

Presented by: Emily Buckhalter

### **Strong Families**

Join us for a conversation about resilience! We'll learn about five "protective factors" that help families thrive, even in the face of stress and challenges. This single-session workshop offers ideas for how you can build on your own family's strengths, and offer support to others when they need it.

### **Wednesday, April 10th**

**5:00 – 7:00pm**

Presented by: Jenny Freundlich

## **Attention New Parents & Caregivers!**

Have a new baby in your life, or one on the way? Contact us to learn about our free programs:

Infant Safe Sleep - Period of Purple Crying

Play and Parent Groups

All of our classes are FREE to families

To register, contact us:

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