



KVCAP Parent Enrichment Classes – Kennebec & Somerset Counties

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.

Mondays: April 22nd – May 20th

5:00 – 7:00pm

Presented by: Emily Buckhalter

Mondays: June 3 – July 1

2:00 – 4:00pm

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: April 1 – May 13

5:00 – 7:00pm

Presented by: Jenny Freundlich

Fridays: May 17 – June 21

10:00am – 12:00pm

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.

Wednesdays: May 29th – July 17th

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 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>

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: Summer 2024 Dates TBA **3:00 – 4:30pm**

Presented by: Jon Heath, FVP & KVCAP Staff

Wednesdays: Fall 2024 Dates TBA **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.

Thursdays: May 2nd – June 20th **1:00 – 3:00pm**

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.

Effective Encouragement

We want to be positive with our kids, and motivate them to make good choices and reach their goals—but in the tough moments, it can be easier said than done! Join us for this single-session designed to explore how to use praise and encouragement effectively.

Wednesday, May 1st **10:00 – 11:30am**

Presented by: Emily Buckhalter

Setting Boundaries

Setting boundaries, and respecting the boundaries of others, are essential skills for keeping families safe and healthy. In this single-session workshop, we will explore how to set and communicate clear, nurturing boundaries for ourselves and our children.

Wednesday, June 12th **5:00 – 6:30pm**

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

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