



KVCAP Parent Enrichment Classes – Kennebec & Somerset Counties

Winter - Spring 2026

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: February 23rd – March 23rd

5:00 – 7:00pm

Presented by: Emily Buckhalter

Wednesdays: March 11th – April 8th

1:00 – 3:00pm

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.

Tuesdays: March 3rd – April 7th

5:00 – 7:00pm

Presented by: Jenny Freundlich

Wednesdays: April 1st – May 13th

12:00pm – 2:00pm

Presented by: Emily Buckhalter

Active Parenting of 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: April 29th – June 10th

2:00 – 4:00pm

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.

Tuesdays: March 10th - April 7th

10:00am – 12:00pm

Presented by: Emily Buckhalter

Circle of Parents

All are welcome at our parenting peer support group. Connect with other caregivers, share ideas and support!

1st and 3rd Monday of each month

12:30 – 2:00pm

Facilitated by: Parent Leaders & Council Staff

Attention New Parents & Caregivers!

Contact us to learn about our free programs:

Infant Safe Sleep - Period of Purple Crying

Cribs for Kids - Parent & Playgroups

All of our classes are FREE to families

To register, contact us:

Kennebec County:

Emily Buckhalter ebuckhalter@kvcap.org 207-649-6539

Megan Belton mbelton@kvcap.org 207-859-1580

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

Somerset County:

Jenny Freundlich jfreundlich@kvcap.org 207-855-7491

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.

Thursday Mornings: Rolling Admissions
10:00am – 11:30am

Presented by: Jenny Freundlich, KVCAP & Community Partners

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

Presented by: Megan Belton, 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.

Wednesdays: March 18th - June 3rd
5:30 – 7:00pm

Presented by: Emily Buckhalter & Jon Martin

Thursdays: Summer Dates TBA
3:00 – 4:30pm

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

Monthly Fatherhood Meetup

Connect with other dads in Central Maine, share local activities and info on child development, and learn to advocate for stronger systems for fathers. Dads, granddads, step-dads - any father figures welcome!

Last Thursday of each month
12:00 – 1:00pm

Facilitated by: Jon Heath & Kristen Plummer

Nurturing Hope

This Nurturing Parenting program is designed for families of children with special needs and health challenges. Participants 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.

Tuesdays: April 21st – June 9th
5:00 - 6:30pm

Presented by: Jenny Freundlich

Community Nurturing Workshops

These single session workshops are based on the Nurturing Parenting curriculum, and designed to apply to a wide variety of parenting experiences. Join us for one, or all!

Spring Workshops TBA

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