



KVCAP Parent Enrichment Classes – Kennebec & Somerset Counties

Spring - Summer 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: June 1st – June 28th
5:00 – 7:00pm

Presented by: Jenny Freundlich

Wednesdays: July 1st – July 29th
10:00am – 12:00pm

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.

Mondays: June 1st - July 6th
5:00 – 7:00pm

Presented by: Emily Buckhalter

Tuesdays: July 14th – August 18th
5:00 – 7:00pm

Presented by: Jenny Freundlich

Tuesdays: August 4th – September 8th
9:00 – 11:00am

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.

September Dates TBA

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: July 15th – August 12th
5:00 – 7:00pm

Presented by: Emily Buckhalter

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 & Emily Buckhalter, KVCAP
Stacy Austin, ROAR Recovery Center

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.

Thursdays: July 16th – October 15th
3:00 – 4:30pm

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

Wednesdays: Fall Dates TBA
5:30 – 7:00pm

Presented by: Emily Buckhalter & Jon Martin

Circle of Parents

This is a mutual peer support group open to anyone in a parenting role. Connect with other caregivers, explore topics in nurturing ourselves and our children - share ideas and support.

1st and 3rd Monday of each month
12:30 – 2:00pm

Facilitated by: Parent Leaders & Council Staff

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!

Supporting a Stressed-Out Kid

Monday, July 13th
1:00 – 3:00pm

Presented by: Emily Buckhalter

Knowing what to say or do to support a stressed kid can be a stressful experience for adults, too! Let's explore how stress works in the brain and body, find tools and share ideas to help the kids we care about.

Brain Under Construction

Wednesday, August 12th
1:00 – 3:00pm

Presented by: Jenny Freundlich

Have you ever wondered what is going on in your child or teen's head? Join us to explore brain development from birth through adulthood. We'll talk about how knowledge of child development can guide our parenting strategies, including communicating with kids, navigating feelings, and more

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