

KVCAP Parent Enrichment Classes Fall 2017

Sponsored by: KVCAP's Child Abuse and Neglect Prevention Council of Somerset County

All Classes are Free and Pre-registration is required

The First Five Years

In this series of 4 classes you will learn 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.

Tuesdays: September 5, 12, 19, and 26
9:30 – 11:30 am

Mr. Bubbles Laundry Mat- Skowhegan
19 Waterville Road, Skowhegan
Presented by: Kristen Plummer

Monday, October 2, 16, 23 and 30
9:30 – 11:30 am
St. Albans School

129 Hartland Road, St. Albans, Maine
Presented by: Anne Osolinski, LSW

Thursday, November 7, 14, 21, and 28
5:30 – 7:30 pm

Lawrence Adult Education
4 School Street Fairfield, Maine 04937
Presented by: Anne Osolinski, LSW

The Nurturing Fathers Program

A 13-session program is tailored to meet the needs and learning styles of any male parenting a child! The class focuses on and explains: the roots of fathering, nurturing children and self, positive discipline methods, managing anger and resolving conflict, teamwork with partner, balancing work and fathering and more.

Wednesdays, 2017: August 23, 30 September 6, 13, 20, 27,
October 4, 11, 18, 25, November 1, 8 and 15

3:00 - 5:00 pm
KVCAP - Skowhegan
26 Mary Street, Skowhegan
Presented by: Anne Osolinski, LSW

Alcohol, Anger and Abuse

Alcohol, Anger and Abuse is an innovative training program that explores understanding and preventing the relationship between alcohol and other drug abuse and child abuse and neglect, and how they are linked. This program is designed to be implemented in a 5 week program, 1-1/2 hour sessions.

Tuesday, September 12, 19, 26, October 3 and 10
5:30 – 7:00 pm

Skowhegan High School - Skowhegan
61 Academy Circle, Skowhegan, ME 04976
Presented by: Anne Osolinski, LSW

Community Nurturing Parenting

This is a 10-session program tailored to meet the needs and learning styles of anyone parenting a child! The classes focus on various topics such as stages of growth for infants/toddlers, brain development in children and teens, communication, dealing with stress & much more!

Tuesdays: October 3, 10, 17, 24, 31, November 7, 14, 21, 28 and
December 5

9:30 – 11:00 am
KVCAP - Skowhegan
26 Mary Street, Skowhegan
Presented by: Anne Osolinski, LSW

Cooperative Parenting & Divorce

This 8-session program, video-based program gives divorcing or separating 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 parents.

Mondays, August 14, 21, 28, September 11, 18, 25, October 2
and 16

5:30 – 7:30 pm
KVCAP - Skowhegan
26 Mary Street, Skowhegan
Presented by: Anne Osolinski, LSW

Prenatal Nurturing

The Prenatal program addresses the current issues faced by couples expecting a child including the use of prescription drugs, alcohol and tobacco during pregnancy; the relationship between healthy pregnancies and proper nutrition; the effects of stress on the baby; ways to keep a healthy sexual relationship; and issues of body image, weight gain and brain development during pregnancy. This program is designed to be implemented in a 9 week program, 2-1/2 hour sessions.

Thursday, October 26, November 2, 7, 16, 30, December 7, 14, 21
and 28

2:30pm – 5:00pm
KVCAP - Skowhegan
26 Mary Street, Skowhegan
Presented by: Kristen Plummer

For more information and to register in advance please call: Anne Osolinski
at 859-2521 or Kristen Plummer at 859-2520 or visit our website at
www.kvcap.org