



## KVCAP Parent Enrichment Classes – Kennebec & Somerset Counties

Summer - Fall 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: July 1 – July 29th**  
**12:00 – 2:00pm**  
Presented by: Emily Buckhalter

**Mondays: July 22nd – August 19th**  
**5:00 – 7:00pm**  
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.

**Wednesdays: July 10<sup>th</sup> – August 14th**  
**9:00 – 11:00am**  
Presented by: Emily Buckhalter

**Tuesdays: October 8 – November 12th**  
**3:00 – 5:00pm**  
Presented by: Jenny Freundlich

### **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.

**Thursdays: September 5<sup>th</sup> – October 24th**  
**3:00 – 5:00pm**  
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: October 2 – November 20th**  
**10:00am -12:00pm**  
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!

**1<sup>st</sup> and 3<sup>rd</sup> Thursday of each month**  
**11:00am – 12:30pm**  
Facilitated by: Parent Leaders & Council Staff

### **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 & Parent Groups

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/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: July 9 – September 24th** **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.

### **Mondays: September 9<sup>th</sup> – October 28th** **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.*

### **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'll 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

### **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 for this free, single session workshop as we discuss tools and techniques for coping with stress at all ages.

### **Monday, July 15th** **5:00 – 6:30pm**

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, August 14th** **5:00 – 6:30pm**

Presented by: Jenny Freundlich

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/kvcapfec>