



KVCAP Parent Enrichment Classes – Kennebec & Somerset Counties

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: September 9th – October 7th
5:00 – 7:00pm**

Presented by: Emily Buckhalter

**Wednesdays: October 2nd – October 30th
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.

**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 5th – 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 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 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

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 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 & Heather Williams, G.E.A.R. Parent Network

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.

Wednesdays: September 18th – December 4th

5:30 – 7:00pm

Presented by: Emily Buckhalter & Jon Martin

Tuesdays: Winter 2025 Dates TBA

3:00 – 4:30pm

Presented by: Jon Heath, FVP & KVCAP Staff

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, grandads, step-dads - any father figures welcome!

Last Thursday of each month

6:00 – 7:00pm

Facilitated by: Jon Heath & KVCAP staff

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 9th – 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.

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.

Wednesday, September 4th

5:30 – 7:00pm

Presented by: Emily Buckhalter

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.

Tuesday, October 8th

9:30 – 11:00am

Presented by: Emily Buckhalter

All of our classes are FREE to families

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