



## KVCAP Parent Enrichment Classes – Kennebec & Somerset Counties

Winter-Spring 2025

**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 3rd – March 3rd**  
**1:00 – 3:00pm**

Presented by: Emily Buckhalter

**Mondays: March 3<sup>rd</sup> – March 31st**  
**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: January 8 – February 12th**  
**10:00am – 12:00pm**

Presented by: Emily Buckhalter

**Mondays: March 3<sup>rd</sup> – April 7th**  
**1:00 – 3:00pm**

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.

**Wednesdays: January 15<sup>th</sup> – February 26th**  
**5:00 – 7:00pm**

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.

**Mondays: January 27th – March 24th**

**5:00pm -7:00pm**

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.

**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

Parent & Playgroups

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

#### **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: January 30th – April 24th**

**3:00 – 4:30pm**

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

#### **Wednesdays: March 5<sup>th</sup> – May 28th**

**5:30 – 7:00pm**

Presented by: Emily Buckhalter & Jon Martin

### **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 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.

#### **Wednesdays: March 5<sup>th</sup> – April 23rd**

**3:30 -5:00pm**

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 will explore how to set and communicate clear, nurturing boundaries for ourselves and our children.

#### **Monday, February 10th**

**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 Belton [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>