MONTGOMERY COUNTY
Chronicle
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ALWAYS CLEAN AND NEWSY! THURSDAY, JUNE 27, 2019 • 16 PAGES • $1.00 PER ISSUE

Free parenting courses offered in July through FCMHC

Four County Mental Health Center (FCMHC) has announced the July program schedule which follows. The programs are held at Independence, Four County Mental Health Center-North, 1101 Donald Ave., Room 304; at Coffeyville, Four County Mental Health Center, 1601 W. 4th, Prairie Room; Sedan, Four County Mental Health Center, 220 Lee Street; Neodesha, Four County Mental Health Center, 101 S. 8th; Cherryvale, United Methodist Church, 305 W. 3rd, (downstairs); and Fredonia, Four County Mental Health Center, 437 N. 6th, activity room. Call 620-331-3480 to register for the programs at least the day before the class. There is no charge to attend any class.

The following symbols denote special items to the classes:

@ means Connections transportation offered (ask when registering).

% means baby-sitting is available (ask when registering).

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Active Parenting, Birth-5 Years (four sessions): July 1, session 1, You and Your Child; July 8, session 2, Preventing Problems; July 15, session 3, Encouraging Positive Behavior; July 22, session 4, Preparing for School Success; Independence, 10 a.m. to noon.

Discipline Without Hostility: July 17, Neodesha, 9 to 11 a.m.

Eat Right, Grow Strong - Nutrition for Younger Children: July 11, Coffeyville, 10 a.m. to noon.

Guiding Good Choices (five sessions - continued into July): July 2, session 4, Getting Started: How to Prevent Drug Use In Your Family; July 9, session 5, Setting Guidelines: How to Develop Healthy Beliefs, Independence, 2 to 4 p.m.

Increasing Your Kid's Emotional Intelligence: July 25, Coffeyville, 10 a.m. to noon.

Let's Talk the Talk - Discussing Risky Behaviors With Your Kids: July 16, Independence, 10 a.m. to noon.

Love and Logic, Early Adults Supporting Youth with Challenging Pasts (6 sessions - continued into August): July 16, session 1, Introduction and Attachment: Relationships are the Foundation; July 23, session 2, Dealing with Defiance and Other Difficult Behavior, July 30, session 3, Nothing Works Without Sincere Empathy, Independence, 2 to 4 p.m.

Love and Logic, Real World Parenting Solutions: July 29, Independence, 2 to 4 p.m.

Love and Logic, Supporting Youth with Special Needs (4 sessions): July 3, session 1, Understanding Their Unique Needs and Gifts; July 11, session 2, Maintaining Healthy "Can-Do" Expectations; July 17, session 3, Developing and Maintaining Positive Parent-Teacher Relationships: July 25, session 4, Reaching Discouraged and Resistant Learners, Coffeyville, 2 to 4 p.m.

Parent Education Support Group (%@): July 29, Independence, 9 to 11 a.m.

Parenting 101 - Setting Behavior Goals and Giving Rewards: July 31, Coffeyville, 2 to 3 p.m.

Parenting Kids with Anxiety Disorders: July 18, Cowley FCMHC, Strother Field, Winfield, 9:30 to 10:30 a.m.

Positive Parenting Strategies for the Teenage Years: July 24, Fredonia FCMHC, 10 a.m. to noon.

Positive Solutions for Families (6 sessions - continued from June): July 1, session 5, Facing the Challenge; July 8, session 6, Facing the Challenge, Part 2, Independence, 2 to 4 p.m.

Prenatal Health and Nutrition: July 9, Independence, 10 a.m. to noon.

Sitting Still Like a Frog - Mindfulness for Kids and Adults: July 10, Fredonia FCMHC, 9:30 to 11 a.m.; July 30, Independence, 10 a.m. to noon.

Try Our New
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All Beef Homemade Coney Sauce
Any size Ice Tea 99¢ with purchase of a sandwich or hotdog for the month of June*.
*Some restrictions may apply.

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