

January 2020 Parenting Class Schedule

*KDHE Approved Classes for Day Care Providers and Foster Care licensing

@ Connections Transportation offered (ask when registering)

% babysitting is available (ask when registering)

Active Parenting birth to five (4 sessions) Continued into February

Jan 7, 14, 28 **Coffeyville** FCMHC 4th Street 10-12 PM

Active Parenting of teens (6 sessions) Continued into February

Jan 9, 16, 23, 30 **Coffeyville** FCMHC 4th Street 1-3 PM

Building Self-esteem in your kids

Jan 8 **Neodesha** FCMHC 8th Street 2-3 PM

Bully Prevention: Transforming aggression into healthy self esteem (2 sessions)

Jan 23 **Independence** FCMHC- North 1101 Donald Ave 2-4 PM

Jan 30 **Independence** FCMHC- North 1101 Donald Ave 2-4 PM

Digitally Distracted: Parenting in the age of technology

Jan 2 **Independence** FCMHC- North 1101 Donald Ave 10-11 pm

Jan 27 **Coffeyville** FCMHC 4th Street 10-11 AM

Discipline makes the difference

Jan 22 - **Neodesha** FCMHC- 8th Street 1:30-3:30 PM

Helping Parents raise resilient teens

Jan 9 **Independence** FCMHC- North 1101 Donald Ave 10-11 AM

How to discipline kids without losing their love and respect

Jan 9 **Independence** FCMHC- North 1101 Donald Ave 2-4 PM

Loving Guidance: Setting limits without Guilt (2 sessions)

Jan 7 Session 1 **Independence** FCMHC- North 1101 Donald Ave 2-4 PM

Jan 14 Session 2 **Independence** FCMHC- North 1101 Donald Ave 2-4 PM

Parent Education Support Group

Jan 27 9-10 **Independence** FCMHC- North 1101 Donald Ave 9-10 AM

Parenting doesn't have to be rocket science

Jan 14 **Independence** FCMHC- North 1101 Donald Ave 10-12 PM

Parenting Kids with Anxiety Disorders

Jan 6 **Independence** FCMHC- North 1101 Donald Ave 2-3 PM

Parenting the Love and Logic Way (Continued from December)

Jan 8 Setting limits without waging war **Neodesha** FCMHC 8th street 10-12 PM

Jan 15 Avoiding Power Struggles **Fredonia** FCMHC 6th street 10-12 PM

Jan 22 Guiding kids to own and solve their own problems **Neodesha** FCMHC 10-12

Jan 29 Teaching kids to complete chores **Neodesha** FCMHC- 8th Street 2-3 PM

Positive Parenting Strategies for the teenage years

Jan 28 **Independence** FCMHC- North 1101 Donald Ave 2-4 PM

Prenatal Health and Nutrition

Jan 23 **Independence** FCMHC- North 1101 Donald Ave 10-11 AM

Sibling Rivalry

Jan 13 **Independence** FCMHC- North 1101 Donald Ave 2-4 PM

Social Emotional Learning in the Home

Jan 16 **Cowley** 10-12 PM

Stimulating Infant and Toddler Activities

Jan 30 **Independence** FCMHC- North 1101 Donald Ave 10-11 Am

Stress and the healthy family

Jan 15 **Fredonia** FCMHC 6th Street 130-330 PM

Ten Steps to positive discipline (5 sessions) (Continued into February)

Jan 6, 13, 28 **Independence** FCMHC- North 1101 Donald Ave 10-12 PM

The Happiest baby on the Block

Jan 13 **Coffeyville** FCMHC 4th Street 10-12 PM

Toddlers and the development of self

Jan 6 **Coffeyville** FCMHC 4th Street 10-11 Am

Undercover parents: Apps parents need to know about

Jan 2 **Independence** FCMHC- North 1101 Donald Ave 2-3 PM

January 16,23,30 IY- Incredible Years Babies Series

January 1,3,10,17,20, 21 24, 31- No Classes

January 7 9-1, Independence, Jan 16 PTD 9-1 Cowley, 1-5, Jan 29 PTD 9-1 Neodesha

January 1, Agency Holiday January 20 MLK Day Agency Holiday