

## September 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)

### **10 Tips to Improve Parenting Skills**

Sept 28 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

### **Active Parenting For Step Families** (6 sessions)

Sept 14,17,21,24,30 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-12 PM

28 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-4 PM

### **Active Parenting: 5-12 year olds** (5 sessions) Continued into October

Sept 10,14,24, **Independence** FCMHC-North 1101 Donald Ave 2-4 PM

### **Anger Control for Kids with Autism**

Sept 16 **Fredonia** FCMHC 6<sup>th</sup> Street 10-11 AM

### **Bully Prevention: Transforming Aggression Into Healthy Self Esteem** (2 sessions)

Sept 22,29 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-12 PM

### **Caring for Kids with Type 1 Diabetes**

Sept 23 **Coffeyville** FCMHC 4<sup>th</sup> Street 1-2 PM

### **Digitally Distracted: Parenting in the Age of Technology**

Sept 8 **Coffeyville** FCMHC 4<sup>th</sup> Street 1-2 PM

### **Helping Kids Cope with chronic illness**

Sept 8 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

### **Helping Kids Cope with Grief**

Sept 14 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

### **How to Raise kids who make responsible decisions when nobody is looking**

Sept 8 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-12 PM

### **How to respond when your teen gets violent**

Sept 30 **Fredonia** FCMHC 6<sup>th</sup> St 10-11 AM

### **Keeping Kids Safe Online**

Sept 15 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

### **Let's talk the talk: Discussing risky behaviors with your teens**

Sept 9 **Neodesha** FCMHC 8th Street 2-3 PM

**Nurturing the Blended Family**

Sept 9 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-11 AM

**Parent Education Support Group**

Sept 4,11,18,25 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

Sept 30 **Coffeyville** FCMHC 1601 W. 4<sup>th</sup> St 1-2 PM

**Parenting By personality**

Sept 17 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

**Parenting for school success**

Sept 21 **Independence** FCMHC-North 1101 Donald Ave 2-4 PM

**Parenting Kids with Anxiety**

Sept 10 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-11 AM

**Parenting the love and logic Way (Continued into October)**

Sept 1,8,15,22,29 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

**Positive Parenting for Preteens**

Sept 23 **Neodesha** FCMHC 8<sup>th</sup> St 2-3 PM

**Preventing Power Struggles**

Sept 14 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Raising Your Grandchild**

Sept 9 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

**Sitting Still like a Frog: Mindfulness for kids and adults**

Sept 21 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

**Supporting Kids with Special Needs: Maintaining healthy can-do Expectations**

Sept 24 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-4 PM

**Teaching Kids about Healthy Boundaries**

Sept 10 **Coffeyville** FCMHC 4<sup>th</sup> Street 1-2 PM

**The Five Love Languages**

Sept 29 **Independence** FCMHC- N 1101 Donald Ave 10-11 AM

**The Happiest baby on the Block**

Sept 21 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**The Happiest Toddler on the Block**

Sept 23 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-11 AM

**The Importance of Self-Care for Parents**

Sept 10 **Independence** FCMHC- N 1101 Donald Ave 10-11 AM

**The Seven Principles of Discipline**

Sept 16 **Fredonia** FCMHC 6<sup>th</sup> Street 2-3 PM

**Toddlers- Your Game Plan for the terrific twos**

Sept 30 **Fredonia** FCMHC 6th St 2-3 PM

**Trauma, Toxic Stress, and Caregiver wellbeing**

Sept 24 **Independence** FCMHC- North 1101 Donald Ave 10-11 AM

**Understanding self- harming behaviors in kids and adolescents**

Sept 22 **Independence** FCMHC- N 1101 Donald Ave 10-11 AM

**Understanding Trauma in Kids (Conscious Discipline)**

Sept 16 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-11 AM

22 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

**What Parents need to know about Vaping**

Sept 15 **Independence** FCMHC- N 1101 Donald Ave 10-11 AM

**When food becomes an obsession for your child**

Sept 17 **Cowley** FCMHC-Strother Field 10-11 AM

Sept 29 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

**Why can't we get along? Managing Parent/Teen Conflict**

Sept 16 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

**Winning at Parenting**

Sept 15 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-12 PM

**Words to Never Say to Your Kids**

Sept 9 **Neodesha** FCMHC 8<sup>th</sup> Street 10-11 AM

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