

## November 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)

\*@% **Incredible Years: Babies** (8 sessions) Continued into November

Nov 2,9,16,23,30 **Independence** FCMHC-North 1101 Donald Ave 1-3 PM

### **10 Things Parents Do To Build Empathy in Their Kids**

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

### **12 Essential Parenting Skills**

Nov 24 **Independence** FCMHC-North 1101 Donald Ave 12-1 PM

**Active Parenting Of Teens (6 sessions)** Continued from November

Nov 2, 9, 16 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-12 PM

### **Adolescent Challenges**

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

**Adults Supporting Youth With Challenging Pasts** (6 sessions) Continued from October

Nov 3, 10, 12 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-12 PM

**Becoming Brain Smart** (Conscious Discipline) (4 sessions) Continued from October

Nov 5 **Coffeyville** FCMHC 4<sup>th</sup> Street 1-3 PM

### **Calming kids in Crisis**

Nov 25 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-11 AM

### **Calming The Chaos**

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

### **Challenging behaviors and Solutions in kids 2-12 years**

Nov 3 **Independence** FCMHC-North 1101 Donald Ave 2-3

### **Childhood Trauma: How to Help your child through it**

Nov 19 **Independence** FCMHC-North 1101 Donald Ave 2-3

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

Nov 10 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

### **Discipline without hostility**

Nov 4 **Fredonia** FCMHC 6<sup>th</sup> Street 2-3 PM

**Early Childhood Parenting Made Fun** (Love and Logic, 5 sessions)

Nov 4, 11, 23, 25, 30 **Coffeyville** FCMHC 4<sup>th</sup> Street 1-3 PM

**Effective Communication in the Family**

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

**Establishing Sleep Routines for Toddlers**

Nov 10 **Independence** FCMHC-North 1101 Donald Ave 2-3

**Four Steps To Responsibility**

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

**Helping kids manage stress**

Nov 12 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

**Increasing Emotional Intelligence in Your Kids**

Nov 10 **Independence** FCMHC-North 1101 Donald Ave 9-10 AM

**Parent Education Support Group**

Nov 13, 20 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

Nov 30 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-11 AM

**Parenting after separation: Your child's future**

Nov 5 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

**Parenting Kids with Anxiety Disorders**

Nov 3 **Independence** FCMHC-North 1101 Donald Ave 11-12 PM

**Parenting through tough times: dealing with depression**

Nov 2 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Plugged-In Parenting (2 sessions)**

Nov 16, 24 **Independence** FCMHC-North 1101 Donald Ave 9-11 AM

**Real World Parenting Solutions**

Nov 12 **Cowley** FCMHC Strother Field 22414 D street 10-11 AM

**Responsive Discipline**

Nov 11 **Neodesha** FCMHC 8<sup>th</sup> Street 2-3 PM

**Secrets to success in parenting your teen**

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

**Strengthening Parenting through Family Relationships**

Nov 19 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

**Stress and the Healthy Family**

Nov 24 **Coffeyville** FCMHC 4<sup>th</sup> Street 10-11 Am

**Success with Under-Achievers: Creating Self-Motivated Learners**

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

**The Happiest Toddler on the Block**

Nov 10 **Independence** FCMHC-North 1101 Donald Ave 11-12 PM

**Teaching your Kids to Stop Negative thinking**

Nov 30 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Toddlers and the Development of Self**

Nov 24 **Coffeyville** FCMHC 4<sup>th</sup> Street 1-2 PM

**Trauma, Stress and Caregiver wellbeing**

Nov 24 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

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