

December 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** Continued from November

Dec 7, 14, **Independence** FCMHC-North 1101 Donald Ave 1-3 PM

10 Things Parents do to Build Empathy in their Kids

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

12 Essential Parenting Skills

Dec 9 **Fredonia** FCMHC-6th St 10-11 AM

Active Parenting: The First Five Years (4 sessions)

Dec.2, 9, 16, 23 **Coffeyville** FCMHC-4th Street 10-12 PM

Active Parenting Of Teens (6 sessions) Continued into January

Dec 1, 8,15,22,29, **Independence** FCMHC-North 1101 Donald Ave 2-4 PM

Addressing Child Motivation

Dec 23 **Fredonia** FCMHC 6th St 2-3 PM

Adolescent Challenges

Dec.2 **Coffeyville** FCMHC-4th 2-3 PM

Anger Control for Kids with Autism

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

Anger Management for Parents

Dec.30 **Coffeyville** FCMHC-4th 1-2 PM

Attachment Parenting

Dec 16 **Neodesha** FCMHC 8th Street 10-11 AM

Avoiding Power Struggles

Dec.21 **Coffeyville** FCMHC-4th 1-3 PM

Being the Best Father You Can Be-

Dec 14 **Coffeyville** FCMHC-4th 1-2 PM

Building Strong Families

Dec.30 **Coffeyville** FCMHC-4th 10-11 AM

Calming the Chaos

Dec.15 **Coffeyville** FCMHC-4th 2-3 PM

Didn't I Tell You to Take Out the Trash

Dec.10 **Coffeyville** FCMHC-4th 10-12 PM

Early Childhood Parenting Made Fun (5 sessions) Continued into January

Dec 7, 14, 21, 29 **Independence** FCMHC-North 1101 Donald Ave 10-12 PM

Establishing Sleep Routines for Toddlers

Dec 16 **Neodesha** FCMHC 8th Street 2-3 PM

Families Make The Difference (3 sessions)

Dec.7, 14, 21 **Coffeyville** FCMHC-4th 10-11 AM

Helping Kids Cope in A Traumatic Event

Dec.10 **Coffeyville** FCMHC-4th 2-3 PM

Helping Kids Cope with Grief

Dec.22 **Coffeyville** FCMHC-4th 2-3 PM

Helping Kids Manage Stress

Dec.8 **Coffeyville** FCMHC-4th 2-3 PM

Helping Parents Raise Resilient Kids

Dec.16 **Coffeyville** FCMHC-4th 2-3 PM

Helping your Child Overcome Remote Learning Roadblocks

Dec 10 **Independence** FCMHC 1101 Donald Ave 2-3 PM

How to Discipline Kids with Out Losing Their Love and Respect

Dec.17 **Coffeyville** FCMHC-4th 10-12 PM

How to Raise Kids Who Make Responsible Decisions When Nobody Is Watching

Dec.3 **Coffeyville** FCMHC-4th 10-12 PM

How to talk to your kids about Suicide

Dec 30 **Neodesha** FCMHC 8th St 2-3 PM

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

Dec 9 **Fredonia** FCMHC 6th Street 2-3 PM

Mindful Parenting

Dec 31 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

Painless parenting for the preschool Years (2 sessions)

Dec 22, 31 **Independence** FCMHC-North 1101 Donald Ave 10-12 PM

Parent Education Support Group

Dec 4, 11, 18 **Independence** FCMHC-North 1101 Donald Ave 10-11 IS

Dec.31 **Coffeyville** FCMHC-4th 1-2

Parenting doesn't Have to Be Rocket Science

Dec 3 **Independence** FCMHC-North 1101 Donald Ave 10-12 PM

Parenting the Love and Logic Way (6 sessions)

Dec. 1, 8,15,22,29 **Coffeyville** FCMHC-4th 10-12 PM

Parenting through Tough Times: Coping With Depression

Dec.23 **Coffeyville** FCMHC-4th 2-3 PM

Positive Parenting for Preteens

Dec 28 **Independence** FCMHC 1101 Donald Ave St 2-3 PM

Prenatal Health and Nutrition

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

Real World Parenting Solutions

Dec. 9 **Coffeyville** FCMHC-4th 1-3 PM

Repairing Bonds Broken By Addiction

Dec.29 **Coffeyville** FCMHC-4th 2-3 PM

Secrets to Success in Parenting Your Teen

Dec.1 **Coffeyville** FCMHC-4th 2-3 PM

Stimulation for Healthy Development- Baby's first year

Dec 23 **Fredonia** FCMHC 6th Street 10-11 AM

Stimulating Baby Massage

Dec 21 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

Teaching Kids about Healthy Boundaries

Dec 17 **Cowley** FCMHC-22214 D Street, Winfield 10-11 AM

The Effects of Substance Abuse On the Family

Dec. 7 **Coffeyville** FCMHC-4th 1-2 PM

The Importance of Self-Care for Parents

Dec.3 **Coffeyville** FCMHC-4th 2-3 PM

The Irritable Baby

Dec 10 **Independence** FCMHC- North 1101 Donald Ave 10-11 AM

Understanding Trauma in Kids (2 sessions)

Dec.17, 28 **Coffeyville** FCMHC-4th 2-3 PM

When Kids Drain Your Energy

Dec.31 **Coffeyville** FCMHC-4th 10-11 AM

Your Child's Behavior- Dealing with Tantrums and Meltdowns

Dec 15 **Independence** FCMHC- North 1101 Donald Ave 10-11 AMxx