

## April 2021 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 (IY) Toddlers** (14 sessions) continued from March

April 6, 13 **Coffeyville** FCMHC- 1601 W. 4th St, 1-3 PM

### **12 Essential parenting skills**

April 28 **Neodesha** FCMHC 8<sup>th</sup> Street 2-3 PM

### **Active Parenting birth to five** (4 sessions)

April 5,12,19,26 **Coffeyville** FCMHC- 1601 W. 4th St 1-3 PM

### **Active Parenting of 5-12 year olds-** (5 sessions) Continued into May

April 6, 13, 20, 27 **Independence** FCMHC-North 1101 Donald Ave 2-4 PM

### **Active Parenting of Teens** (6 sessions) Continued into May

April 1,8,15,22,29 **Coffeyville** FCMHC- 1601 W. 4th St 10-12 PM

### **Adults supporting youth with challenging pasts** (6 sessions) continued from March

April 20 **Coffeyville** FCMHC- 1601 W. 4th St 10-12 PM

### **Anger management for parents**

April 1 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

### **Avoiding power struggles**

April 27 **Coffeyville** FCMHC- 1601 W. 4th St 10-12 PM

### **Being the best father you can be**

April 29 **Coffeyville** FCMHC- 1601 W. 4th St 2-3 PM

### **Building a great relationship with your child**

April 19 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

### **Calming the chaos**

April 1 **Coffeyville** FCMHC- 1601 W. 4th St 2-3 PM

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

April 14 **Neodesha** FCMHC 8<sup>th</sup> Street 10-11 AM

### **Discipline without hostility**

April 29 **Cowley** FCMHC 22414 D Street, Strother Field, **Winfield** 10-11 AM

### **Early Childhood Parenting Made Fun** (5 sessions) Continued into May

April 7,14,21,28 **Coffeyville** FCMHC- 1601 W. 4th St 10-12 PM

### **Families make the difference** (3 sessions) Continued from March

April 12, 19 **Coffeyville** FCMHC- 1601 W. 4th St 10-11 AM

**Healing the invisible wounds: Children exposed to violence**

April 28 **Neodesha** FCMHC 8<sup>th</sup> Street 10-11 AM

**Helping kids cope in a traumatic event**

April 21 **Coffeyville** FCMHC- 1601 W. 4th St 2-3 PM

**Helping kids cope with grief**

April 15 **Coffeyville** FCMHC- 1601 W. 4th St 2-3 PM

**Helping Kids Cope with painful feelings**

April 22 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Helping parents raise resilient kids**

April 8 **Coffeyville** FCMHC- 1601 W. 4th St 2-3 PM

**How to make the best of sibling rivalry**

April 12 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

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

April 14 **Coffeyville** FCMHC- 1601 W. 4th St 2-3 PM

**Make the most of playtime**

April 6 **Coffeyville** FCMHC- 1601 W. 4th St 10-11 AM

**Mindful Parenting**

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

**Neglect Matters: A guide for Parents**

April 1 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Our emotional wellbeing and the effects it has on our kids**

April 7 **Fredonia** FCMHC-6<sup>th</sup> Street 10-11 AM

**Painless parenting for the preschool years (2 session)**

April 27 **Coffeyville** FCMHC- 1601 W. 4th St 1-3 PM

**Parent Education Support Group**

April 16, 23, 30 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

April 28 **Coffeyville** FCMHC 4<sup>th</sup> Street 2-3 PM

**Parenting behaviors that build empathy in kids**

April 20 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Parenting Doesn't Have to be Rocket Science**

April 7 **Coffeyville** FCMHC- 1601 W. 4th St 2-4 PM

**Parenting kids with oppositional defiant disorder**

April 26 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

**Parenting to prevent child abuse**

April 5 **Coffeyville** FCMHC- 1601 W. 4th St 10-11 AM

**Picking up the pieces: After child sexual abuse**

April 12 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Positive parenting strategies for the teens years**

April 15 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Repairing bonds broken by addiction**

April 22 **Coffeyville** FCMHC- 1601 W. 4th St 2-3 PM

**Supporting kids with special needs: Maintaining a can-do expectations**

April 7 **Fredonia** FCMHC 6<sup>th</sup> Street 2-3 PM

**Talking to kids about suicide**

April 13 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Teen dating violence**

April 21 **Fredonia** FCMHC 6<sup>th</sup> Street 10-11 AM

**The effects of substance abuse on the family**

April 13 **Coffeyville** FCMHC- 1601 W. 4th St 10-11 AM

**Understanding screen addiction**

April 5 **Independence** FCMHC-North 1101 Donald Ave 10-11 AM

**Understanding self- harming behaviors in kids**

April 22 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

**Unplugged parenting (2 sessions)**

April 19, 27 **Independence** FCMHC-North 1101 Donald Ave 10-12 PM

**When kids drain your energy**

April 20 **Coffeyville** FCMHC- 1601 W. 4th St 1-2 PM

**When your kids leave you speechless**

April 15 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

**Who's the boss? Fair and effective discipline for teens**

April 21 **Fredonia** FCMHC-6<sup>th</sup> Street 2-3 PM

**Words to Never say to your kids**

April 8 **Independence** FCMHC-North 1101 Donald Ave 2-3 PM

-Some are offered online/virtually as well! For more information, email Barbara at [bshoop@fourcounty.com](mailto:bshoop@fourcounty.com) at least 24-hours in advance to see availability.