












FOUR COUNTY MENTAL HEALTH CENTER
 FREE PARENTING CLASSES IN MONTGOMERY, WILSON, COWLEY, ELK & CHAUTAUQUA COUNTIES

December 2021













www.fourcounty.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Pre-Registration is necessary</p> <p>To register please call 620-331-3480 or 620-251-8180</p> 	 <p>@Connections Transportation Offered (ask when registering)</p> <p>%Babysitting Is Available (ask when registering)</p>	<p>1 Depression in teens 10-11 am Inst: BS Fredonia FCMHC</p> <p>Positive solutions for families (Session 1 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Caring for kids with type 1 diabetes 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Discipline makes the difference 2-3 pm Inst: BS Fredonia FCMHC</p> 	<p>2 The importance of self-care for parents 10-11 am Inst: BS Independence FCMHC-North</p> <p>Adults supporting youth with challenging pasts (session 1 of 6) 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>Making the most of playtime: Infants and toddlers 2-3 pm Inst: AK Coffeyville FCMHC</p>  <p>Parenting through tough times: dealing with depression 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>3 Parent Education Support Group 10-11 am Inst: BS Independence FCMHC-North</p> 
<p>6 Parenting by praise 10-11 am Inst: BS Independence FCMHC-North</p>  <p>Helping kids cope with painful feelings 10-11 pm Inst: AK Coffeyville FCMHC</p> <p>@%Incredible Years- Preschool Ages 3-6 1-2 pm Inst: BS Independence FCMHC-North</p> <p>Why can't we get along? Managing parent/teen conflict 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>7 Calming kids in crisis 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Real-world parenting solutions 1-3 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting the love and logic way (Session 1 of 6) 2-3 pm Inst: BS Independence FCMHC-North</p> 	<p>8 Parenting doesn't have to be rocket science 10-11 am Inst: BS Neodesha FCMHC</p> <p>Positive solutions for families (Session 2 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p>  <p>Building self-esteem in your kids 2-3 pm Inst: BS Neodesha FCMHC</p> <p>When food becomes an obsession for your child 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>9 Plugged- in parenting (Session 1 of 2) 9-10 am Inst: BS Independence FCMHC-North</p> <p>Who's the boss? Fair and effective discipline for teens 11-12 pm Inst: BS Independence FCMHC-North</p> <p>Adults supporting youth with challenging pasts (session 2 of 6) 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>Raising responsible children 2-3 pm Inst: AK Coffeyville FCMHC</p> 	<p>10 Parent Education Support Group 10-11 am Inst: BS Independence FCMHC-North</p>  

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<p>13 Discipline strategies for kids with ADHD 10-11 am Inst: BS Independence FCMHC-North</p> <p>Success with under-achievers 10-11 pm Inst: AK Coffeyville FCMHC</p> <p>@%Incredible Years- Preschool (Ages 3-6) 1-2 pm Inst: BS Independence FCMHC-North</p> <p>Parent education support group 1-2 pm Inst: AK Coffeyville FCMHC</p> 	<p>14 Who says parenting can't be fun 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Kids and vaping: what parents need to know 10-11 am Inst: BS Independence FCMHC-North </p> <p>Helping kids cope in a traumatic event 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting the love and logic way (Session 2of 6) 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>15 When "no" stops working Kids 12 and under  10-11 am Inst: BS Fredonia FCMHC</p> <p>Positive solutions for families (Session 3 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Dealing with big feeling: teaching kids to self-regulate 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Understanding teen development 2-3 pm Inst: BS Fredonia FCMHC </p>	<p>16 Plugged- in parenting (Session 2of 2) 9-10 am Inst: BS Independence FCMHC-North</p> <p>Adults supporting youth with challenging pasts (session 3of 6) 10 -12 pm Inst: AK Coffeyville FCMHC </p> 	<p>17 Parent Education Support Group 10-11 am Inst: BS Independence FCMHC-North</p>
<p>20 @%Incredible Years- Preschool (Ages 3-6) 1-2 pm Inst: BS Independence FCMHC-North</p> <p>Keeping the peace at home: Anger management for parents 3-4 pm Inst: AK Coffeyville FCMHC-North</p> 	<p>21 Balancing work and family during COVID 10-11 am Inst: BS Independence FCMHC-North</p> <p>The effects of substance abuse on the family 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Toddlers and the development of self 2-4 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting the love and logic way (Session 3of 6) 2-3 pm Inst: BS Independence FCMHC-North </p>	<p>22 The five love languages 10-11 am Inst: BS Neodesha FCMHC</p> <p>Positive solutions for families (Session 4 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Talking to your kids about suicide 2-3 pm Inst: AK Coffeyville FCMHC </p>	<p>23 Agency closed  24 Agency Closed</p>  	

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<p>27 @%Incredible Years- Preschool (Ages 3-6) 1-2 pm Inst: BS Independence FCMHC-North</p> <p>Teaching kids about healthy boundaries 2-3 pm Inst: AK Coffeyville FCMHC-North</p> 	<p>28 Teen dating violence  10-11 am Inst: BS Independence FCMHC-North</p> <p>Helping kids manage stress 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Simple parenting strategies for raising kids in complicated times 1-3 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting the love and logic way (Session 4 of 6) 2-3 pm Inst: BS Independence FCMHC-North</p> 	<p>29 Caring for kids after trauma 10-11 am Inst: BS Independence FCMHC-North</p> <p>Positive solutions for families (Session 5 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Nurturing the blended family 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Connected parenting 2-3 pm Inst: BS Independence FCMHC-North</p> 	<p>30 Forgotten baby syndrome: Hot cars kill kids 10-11 am Inst: BS Cowley FCMHC</p> <p>Adults supporting youth with challenging pasts (session 4 of 6) 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>Co-parenting: working towards co-operative parenting 2-3 pm Inst: AK Coffeyville FCMHC</p> 	<p>31 Agency closed</p> 
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Virtual options available!

For more information, email *Barbara Shoop* at bshoop@fourcounty.com





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Instructors: Michele VanWinkle (MV), Parent Education Coordinator;
 Barbara Shoop (), Anthony Kelly (AK), Parent Education Specialists for Four County Mental Health Center

**PRE-REGISTRATION FOR CLASSES IS NECESSARY. TO REGISTER PLEASE CALL
 620-331-3480 OR 620-251-8180. The deadline for enrollment is the day before the class.**

Connections transportation is available for anyone in MG or Wilson Co. receiving services from FCMHC with a 48 hr notice
 620-332-1976.

Independence:

Four County Mental Health Center – North
 1101 Donald Avenue
 Room 304

Coffeyville

Four County Mental Health Center
 1601 W. 4th St.
 Prairie Room

Independence:

Four County Mental Health Center
 3751 W. Main

Neodesha:

Four County Mental Health Center
 101 S. 8th

Cedar Vale:

Memorial Library
 608 Cedar St.

Fredonia:

Four County Mental Health Center
 437 N. 6th

Sedan:

Four County Mental Health – trailer
 220 Lee St.

Cowley:

Four County Mental Health Center, Strother Field
 22214 D Street
 Winfield



There is no charge for any class.
 Sponsored by Four County Mental Health Center, Inc.
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