





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

January 2022

www.fourcounty.com

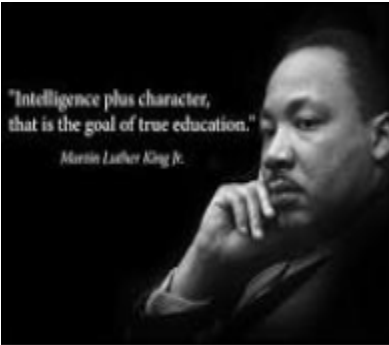



Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Gaining back control: coping with postpartum depression 10-11 am Inst: BS Independence FCMHC-North</p> <p>Anger management for parents 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Sibling rivalry 2-3 pm Inst: BS Independence FCMHC-North</p> <p>@% Incredible Years: School Age 1-2pm Inst: AK Coffeyville FCMHC</p> 	<p>4 Early Childhood Parenting Made Fun (1of5) 10-12 pm Inst: AK Coffeyville CMHC</p> <p>Helping your child through separation anxiety (4 years and under) 12-1 pm Inst: BS Neodesha FCMHC</p> <p>Parenting kids with anxiety 2-4 pm Inst: AK Coffeyville FCMHC</p> <p>Navigating the tween years 2-3 pm Inst: BS Neodesha FCMHC-North</p>	<p>5 Words that work with toddlers 10-11 am Inst: BS Independence FCMHC- North</p> <p>Active Parenting: birth to five (1of4) 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>Child trafficking and child exploitation 2-3 pm Inst: BS Independence FCMHC</p> <p>Helping kids cope with trauma 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>6 Active Parenting of step families (1of6) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting of teens (1of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Teaching your child how to be mad (Toddler-preschool) 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Families make the difference 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>7 Parent Education Support Group 10-11 am Inst: BS Independence FCMHC-North</p> 
<p>10 Painless parenting for the preschool years (1of2) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Understanding trauma in kids (1of2) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Understanding screen addiction 2-3 pm Inst: BS Independence FCMHC-North</p> <p>@% Incredible Years: School Age 1-2pm Inst: AK Coffeyville FCMHC</p>	<p>11 Early Childhood Parenting Made Fun (session2of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Strengthening family through relationships 2-4 pm Inst: AK Coffeyville FCMHC</p> <p>Establishing sleep routines for young kids (3 and under) 2-3 pm Inst: BS Independence FCMHC-North</p> 	<p>12 Seven principles of discipline 10-11 am Inst: BS Fredonia FCMHC</p> <p>Active Parenting: birth to five (2of4) 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>Effective communication in the family 12-1 pm Inst: BS Fredonia FCMHC</p> <p>Understanding sensory processing disorders in kids 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting after separation-(not an alternative to parenting through divorce) 2-3 pm Inst: BS Fredonia FCMHC</p>	<p>13 Active Parenting of step families (2of6) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting of teens (2of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Practical tips for limiting screen time for kids 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Anger control for kids with autism 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>14</p> 

Pre-Registration is necessary- Must register the day before class, to register- please call 620-331-3480 or 620-251-8180

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<p>17</p> <p>Martin Luther King Day Agency Closed</p> 	<p>18</p> <p>Early Childhood Parenting Made Fun (session3of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Digitally distracted: parenting in the age of technology 10-11 am Inst: BS Neodesha FCMHC</p> <p>Discipline strategies for kids with ADHD 2:30-3:30 pm Inst: BS Neodesha FCMHC</p> <p>Positive solutions for families 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>19</p> <p>The happiest baby on the block 10-11 pm Inst: BS Independence FCMHC- North</p> <p>Active Parenting: birth to five (3of4) 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>The happiest toddler on the block 2-3 pm Inst: BS Independence FCMHC- North</p> <p>Adults supporting youth with challenging pasts (5of6) 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>20</p> <p>Active Parenting of step families (3of6) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting of teens (3of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Teaching kids about digital footprints 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Parent Education support group 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>21</p> <p>Parent Education Support Group 10-11 am Inst: BS Independence FCMHC-North</p> 
<p>24</p> <p>Basic Life Skills your child needs to know 2-3 pm Inst: BS Independence FCMHC-North</p> <p>@% Incredible Years: School Age 1-2pm Inst: AK Coffeyville FCMHC</p> 	<p>25</p> <p>Real world parenting solutions 10-12 pm Inst: BS Cowley FCMHC</p> <p>Early Childhood Parenting Made Fun (4of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Positive solutions for families (6of 6) 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>26</p> <p>General discipline techniques 10-11 am Inst: BS Fredonia FCMHC</p> <p>Emotional Intelligence for parents 12-1 pm Inst: BS Fredonia FCMHC</p> <p>Active Parenting: birth to five (4of4) 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>Adults supporting youth with challenging pasts (5of6) 2-4 pm Inst: AK Coffeyville FCMHC</p> <p>Mindful parenting 2-3 pm Inst: BS Fredonia FCMHC</p>	<p>27</p> <p>Active Parenting of step families (4of6) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting of teens (4of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Prenatal health and Nutrition 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Picking up the pieces: After child sexual abuse 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>28</p> 

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<p>31 Painless parenting for the preschool years (2of2) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Understanding trauma in kids 10-11 am Inst: AK Coffeyville FCMHC</p> <p>@% Incredible Years: School Age 1-2pm Inst: AK Coffeyville FCMHC</p> <p>Parenting to prevent substance abuse 2-3 pm Inst: BS Independence FCMHC-North</p>				<p>@Connections Transportation Offered (ask when registering)</p> <p>%Babysitting Is Available (ask when registering)</p> <p>Pre-Registration is necessary</p> <p>To register please call 620-331-3480 or 620-251-8180</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 (BS), 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

Independence:

Four County Mental Health Center
3751 W. Main

Cedar Vale:

Memorial Library
608 Cedar St.

Sedan:

Four County Mental Health – trailer
220 Lee St.

Coffeyville

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

Neodesha:

Four County Mental Health Center
101 S. 8th

Fredonia:

Four County Mental Health Center
437 N. 6th

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.
Partially funded by Kansas Children's Cabinet and Trust Fund.
Please help us share this information by publishing this in your newsletter, bulletin, or post on bulletin boards.**