






















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



February 2022

www.fourcounty.com



Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p>Pre-Registration is necessary</p> <p>To register please call 620-331-3480 or 620-251-8180</p> <p></p>	<p>1</p> <p>10 parenting behaviors that build empathy in kids 12-1 pm Inst: BS Fredonia FCMHC</p> <p>Calming kids in crisis 10-11 am Inst: AK Coffeyville CMHC</p> <p>Responsive discipline 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting to prevent emotional abuse 2-3 pm Inst: BS Fredonia FCMHC-North </p>	<p>2</p> <p>What parents need to know about Fentanyl 10-11 am Inst: BS Independence FCMHC- North </p> <p>Strengthening parenting through relationships 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Talking to kids about suicide 2-3 pm Inst: BS Independence FCMHC</p> <p>Nurturing the blended family 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>3</p> <p>Active Parenting of step families (5of6) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting of teens (1of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Neglect Matters: a guide for parents) 2-3 pm Inst: BS Independence FCMHC- North</p> <p>Infants and the development of trust and security 2-3 pm Inst: AK Coffeyville FCMHC </p>	<p>4</p> <p></p> <p>No classes </p> 
<p>7</p> <p>Anger management for parents 10-12 pm Inst: BS Independence FCMHC-North </p> <p>Helping kids cope with trauma 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Active Parenting: birth to five (1of4) 2-4 pm Inst: BS Independence FCMHC-North</p> <p>@% Incredible Years: School Age 1-2pm Inst: AK Coffeyville FCMHC</p> <p></p>	<p>8</p> <p>Who says parenting can't be fun 10-11 pm Inst: BS Neodesha FCMHC</p> <p>Didn't I tell you to take out the trash? 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting kids with anxiety disorders 12-1 pm Inst: BS Neodesha FCMHC </p> <p>Dealing with BIG feelings 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Practical tips for limiting screen time 2-3 pm Inst: BS Neodesha FCMHC</p>	<p>9</p> <p>The eight Principles of attachment parenting 10-11 am Inst: BS Independence FCMHC</p> <p>Understanding sensory disorders </p> 10 -11 pm Inst: AK Coffeyville FCMHC <p>Parenting through tough times: dealing with depression 2-3 pm Inst: BS Independence FCMHC</p> <p>Helping kids manage stress 2-3 pm Inst: AK Coffeyville FCMHC </p>	<p>10</p> <p>Active Parenting of step families (6of6) 10-12 pm Inst: BS Independence FCMHC-North </p> <p>Active Parenting of teens (2of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Teen dating violence 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Toddlers and the development of self 2-3 pm Inst: AK Coffeyville FCMHC </p>	<p>11</p> <p></p> <p>No classes </p> <p></p> <p></p>

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<p>14 Preventing power struggles 10-11 am Inst: BS Independence FCMHC-North</p> <p>Understanding trauma in kids (1of2) 10-11 am Inst: AK Coffeyville CMHC</p> <p>Active Parenting: birth to five (2of4) 2-4 pm Inst: BS Independence FCMHC-North</p> <p>@% Incredible Years: School Age 1-2pm Inst: AK Coffeyville FCMHC</p> 	<p>15 Understanding screen addiction 10-11 am Inst: BS Fredonia FCMHC</p> <p>Anger control for kids with Autism 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Stimulation for development: baby massage 2:30-3:30 pm Inst: BS Fredonia FCMHC</p> <p>Why can't we get along? Teen/parent conflict 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>16 Child trafficking and exploitation 10-11 pm Inst: BS Independence FCMHC- North</p> <p>Positive solutions for families (1of3) 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>Teaching your child how to be mad 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>17 Understanding your child's trouble with focus 10-11 am Inst: BS Independence FCMHC-North</p> <p>Active Parenting of teens (3of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Healing the invisible wounds: kids exposed to violence 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Parent Education support group 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>18</p> <p>No classes</p> 
<p>21 Parent Education support 10-11 pm Inst: BS Independence FCMHC- North</p> <p>Understanding trauma in kids (2of2) 10-11 am Inst: AK Coffeyville CMHC</p> <p>Let's talk the talk: discussing risky behaviors (12-1 pm Inst: BS Independence FCMHC-North</p> <p>@% Incredible Years: School Age 1-2pm Inst: AK Coffeyville FCMHC</p> <p>Active Parenting: birth to five (3of4) 2-4 pm Inst: BS Independence FCMHC-North</p>	<p>22 When "no" stops working 10-12 pm Inst: BS Cowley FCMHC</p> <p>Real world parenting solutions 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Being the best father you can be 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>23 When your child is being bullied 10-11 am Inst: BS Independence FCMHC-North</p> <p>Positive solutions for families (2of3) 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>Helping your child find their identity 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Painless parenting for the preschool years (1of2) 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>24 Parenting by praise 10-11 am Inst: BS Independence FCMHC-North</p> <p>Active Parenting of teens (4of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Your emotional wellbeing and how it affects your kids 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Painless parenting for the preschool years (2of2) 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>25</p> <p>No classes</p>

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<p>@% Incredible Years: School Age 1-2pm Inst: AK Coffeyville FCMHC</p> <p>Active Parenting: birth to five (4of4) 2-4 pm Inst: BS Independence FCMHC-North</p>				<p>@Connections Transportation Offered (ask when registering)</p> <p>%Babysitting Is Available (ask when registering)</p>

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



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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