











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

March 2022

[www.fourcounty.com](http://www.fourcounty.com)








Monday	Tuesday	Wednesday	Thursday	Friday
<p></p> <p><b>Pre-Registration is necessary</b></p> <p><b>To register please call 620-331-3480 or 620-251-8180</b></p> <p></p>	<p><b>1</b></p> <p><b>Early childhood parenting made fun (1of5)</b> 10-12 pm Inst: AK Coffeyville CMHC</p> <p><b>How to raise kids who make responsible decisions</b> 2-3 pm Inst: AK Coffeyville FCMHC</p> <p><b>Talking to kids about suicide</b> 2-3 pm Inst: BS Neodesha FCMHC-North</p> <p></p>	<p><b>2</b></p> <p><b>Connected parenting</b> 10-11 am Inst: BS Independence FCMHC- North</p> <p><b>Adults supporting youth with challenging pasts (1of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting the love and logic way (1of6)</b> 2-3 pm Inst: BS Independence FCMHC</p> <p><b>Understanding self-harming behaviors in kids and adolescents</b> 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>3</b></p> <p><b>Why so jealous? Managing sibling rivalry in young kids (ages 1-6 yrs)</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Active Parenting of teens (5of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting kids with anxiety</b> 2-3 pm Inst: BS Independence FCMHC- North </p> <p><b>Building your child's self-esteem</b> 2-3 pm Inst: AK Coffeyville FCMHC</p> <p></p>	<p><b>4</b></p> <p><b>No classes</b></p> <p></p>
<p><b>7</b></p> <p><b>Parenting to prevent emotional abuse</b> 10-12 pm Inst: BS Independence FCMHC-North</p> <p><b>Success with under-achievers</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Active Parenting: 5-12 year olds (1of5)</b> 2-4 pm Inst: BS Independence FCMHC-North</p> <p><b>@% Incredible Years: School Age</b> 1-2pm Inst: AK Coffeyville FCMHC</p> <p></p>	<p><b>8</b></p> <p><b>Early childhood parenting made fun (2of5)</b> 10-12 pm Inst: AK Coffeyville CMHC</p> <p></p> <p><b>Parenting doesn't have to be rocket science</b> 2-3 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting the love and logic way (2of6)</b> 2-3 pm Inst: BS Independence FCMHC</p>	<p><b>9</b></p> <p><b>Who says parenting can't be fun</b> 10-12 pm Inst: BS Fredonia FCMHC</p> <p><b>Adults supporting youth with challenging pasts (2of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Caring for kids after trauma</b> 2-3 pm Inst: BS Fredonia FCMHC</p> <p><b>Helping kids cope in a traumatic event</b> 2-3 pm Inst: AK Coffeyville FCMHC</p> <p></p>	<p><b>10</b></p> <p><b>Navigating the tween years</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Active Parenting of teens (6of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting through addiction</b> 2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>How to discipline kids without losing their respect</b> 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p><b>11</b></p> <p><b>No classes</b></p> <p></p>

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<p><b>14</b>  <b>12 Essential parenting skills</b>                      10-11 am Inst: BS Independence                      FCMHC-North</p> <p><b>Effects of substance abuse on the family</b>                      10-11 am Inst: AK Coffeyville                      CMHC</p> <p><b>Active Parenting: 5-12 year olds</b>                      (2of5) 2-4 pm Inst: BS Independence                      FCMHC-North</p> <p><b>@% Incredible Years: School Age</b>                      1-2pm Inst: AK Coffeyville FCMHC</p> 	<p><b>15</b>  <b>The five love languages</b>                      10-11 am Inst: BS Neodesha                      FCMHC</p> <p><b>Early childhood parenting made fun (3of5)</b>                      10-12 pm Inst: AK Coffeyville                      CMHC</p> <p><b>Love me enough to set some limits</b>                      2-3 pm Inst: AK Coffeyville                      FCMHC</p>  	<p><b>16</b>  <b>Stress management for parents</b>                      10-11 pm Inst: BS Independence                      FCMHC-North</p> <p><b>Adults supporting youth with challenging pasts (3of6)</b>                      10-12 pm Inst: AK Coffeyville                      FCMHC</p> <p><b>Parenting the love and logic way (3of6)</b>                      2-3 pm Inst: BS Independence                      FCMHC</p> <p><b>Sibling Rivalry</b>                      2-3 pm Inst: AK Coffeyville                      FCMHC</p> 	<p><b>17</b>  <b>Gaining back control: coping with postpartum depression</b>                      10-11 am Inst: BS Independence                      FCMHC-North</p> <p><b>How to respond when your teen is violent</b>                      10-11 am Inst: AK Coffeyville                      FCMHC</p> <p><b>Repairing family bonds after addiction</b>                      2-3 pm Inst: AK Coffeyville FCMHC</p> <p><b>Get in the feels: Understanding your baby's feelings</b>                      2-3 pm Inst: BS Independence                      FCMHC-North</p> <p><i>St. Patrick's Day</i></p> 	<p><b>18</b></p> <p><b>No classes</b></p>   
<p><b>21</b>  <b>Parenting behaviors that harm your kids</b>                      10-11 pm Inst: BS Independence                      FCMHC-North</p> <p><b>When kids drain your energy</b>                      10-11 am Inst: AK Coffeyville                      CMHC</p> <p><b>@% Incredible Years: School Age</b>                      1-2pm Inst: AK Coffeyville FCMHC</p> <p><b>Active Parenting: 5-12 year olds</b>                      (3of5) 2-4 pm Inst: BS Independence                      FCMHC-North</p> 	<p><b>22</b>  <b>What parents need to know about Fentanyl</b>                      10-11 am Inst: BS Independence-                      FCMHC-North</p> <p><b>Early childhood parenting made fun (4of5)</b>                      10-12 pm Inst: AK Coffeyville                      CMHC</p> <p><b>Parent Education support group</b>                      2-3 pm Inst: AK Coffeyville                      FCMHC</p> <p><b>Parenting the love and logic way (4of6)</b>                      2-3 pm Inst: BS Independence                      FCMHC</p> 	<p><b>23</b>  <b>Understanding teen development</b>                      10-11 am Inst: BS Fredonia                      FCMHC</p> <p><b>Adults supporting youth with challenging pasts (4of6)</b>                      10-12 pm Inst: AK Coffeyville                      FCMHC</p> <p><b>Depression in teens</b>                      2-3 pm Inst: BS Fredonia FCMHC</p> <p><b>Secrets to success in parenting your teen</b>                      2-3 pm Inst: AK Coffeyville                      FCMHC</p> 	<p><b>24</b>  <b>Practical tips for limiting screen time for kids</b>                      10-11 am Inst: BS Independence                      FCMHC-North</p> <p><b>Simple parenting strategies for raising kids in complicated times</b>                      10-12 pm Inst: AK Coffeyville                      FCMHC</p> <p><b>Prenatal health and nutrition</b>                      2-3 pm Inst: BS Independence                      FCMHC-North</p> <p><b>Digitally distracted: parenting in the age of technology</b>                      2-3 pm Inst: AK Coffeyville FCMHC</p> 	<p><b>25</b></p> <p><b>No classes</b></p>     

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<p><b>28</b> </p> <p><b>@% Incredible Years: School Age</b>                  1-2pm Inst: AK Coffeyville FCMHC</p> <p><b>Infants and the development of security and trust</b>                  2-3 pm Inst: BS Neodesha FCMHC-North</p> <p><b>Toddlers and the development of self</b>                  3-4 pm Inst: BS Neodesha FCMHC</p> <p>  </p>	<p><b>29</b> </p> <p><b>Understanding screen addiction</b>                  10-11 pm Inst: BS Cowley FCMHC-</p> <p><b>Early childhood parenting made fun (5of5)</b>                  10-12 pm Inst: AK Coffeyville CMHC</p> <p><b>Raising responsible kids</b>                  2-3 pm Inst: AK Coffeyville FCMHC</p> <p></p>	<p><b>30</b></p> <p><b>Trauma, toxic stress, and caregiver wellbeing</b>                  10-11 pm Inst: BS Independence FCMHC- North</p> <p><b>Adults supporting youth with challenging pasts (5of6)</b>                  10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting the love and logic way 51of6)</b>                  2-3 pm Inst: BS Independence FCMHC</p> <p><b>The happiest toddler on the block</b>                  2-3 pm Inst: AK Coffeyville FCMHC</p> <p></p>	<p><b>31</b></p> <p><b>Emotional Intelligence for parents</b>                  10-11 pm Inst: BS Independence FCMHC- North</p> <p><b>Instilling gratefulness in your kids</b>                  10-11 am Inst: AK Coffeyville CMHC</p> <p><b>1,2,3 Magic: Managing difficult behavior in kids</b>                  1-3 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting the love and logic way (6of6)</b>                  2-3 pm Inst: BS Independence FCMHC</p> <p></p>	<p> </p> <p><b>@Connections</b>  <b>Transportation Offered (ask when registering)</b></p> <p><b>%Babysitting Is Available (ask when registering)</b></p> <p> </p>
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Virtual options available!



For more information, email **Barbara Shoop** at [bshoop@fourcounty.com](mailto: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. 4<sup>th</sup> St.  
Prairie Room

**Independence:**

Four County Mental Health Center  
3751 W. Main

**Neodesha:**

Four County Mental Health Center  
101 S. 8<sup>th</sup>

**Cedar Vale:**

Memorial Library  
608 Cedar St.



**Fredonia:**

Four County Mental Health Center  
437 N. 6<sup>th</sup>



**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.**

**Partially funded by Kansas Children's Cabinet and Trust Fund.**

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