








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

April 2022

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>1</p> <p>No classes</p>  <p>Show Your support and wear blue!</p>
<p>4</p> <p>Parenting to prevent emotional abuse 10-11 am Inst: BS Independence FCMHC-North</p> <p>Let's talk the talk: discussing risky behaviors with your kids 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Active Parenting of 5-12 yr. olds (4of5) 2-4 pm Inst: BS Independence FCMHC-North</p> <p>@% Incredible Years: School Age 1-2pm Inst: AK Coffeyville FCMHC</p>	<p>5</p> <p>Becoming Brain Smart (1of4) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Teaching kids home alone skills 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Neglect matters: A guide for parents 2-3 pm Inst: BS Fredonia FCMHC</p> 	<p>6</p> <p>Real world parenting strategies 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting of teens (1of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Stress management for parents 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Toddlers: your game plan for the terrific twos 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>7</p> <p>Supporting kids with incarcerated parents 10-11 am Inst: BS Independence FCMHC-North</p> <p>Early childhood parenting made fun (1of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Who's the boss? Fair and effective discipline for teens 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Co-parenting: working towards cooperative parenting 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>8</p> <p>No classes</p> 

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<p>11 Parenting behaviors that harm your kids 10-11 am Inst: BS Independence FCMHC-North</p> <p>Helping kids cope with painful feelings 10-11 am Inst: AK Coffeyville CMHC</p> <p>Active Parenting of 5-12 yr. olds (5of5) 2-4 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>12 Our emotional wellbeing and how it affects our kids 10-11 am Inst: BS Neodesha FCMHC</p> <p>Becoming Brain Smart (2of4) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Understanding screen addiction 2-3 pm Inst: BS Neodesha FCMHC</p> <p>Social emotional learning in the home 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>13 Healing the invisible wounds: kids exposed to violence 10-11 pm Inst: BS Independence FCMHC- North</p> <p>Active Parenting of teens (2of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Addressing child motivation 2-3 pm Inst: BS Independence FCMHC- North</p> <p>Understanding sensory processing disorders in kids 2-3 pm Inst: AK Coffeyville FCMHC</p> 	<p>14 Teen dating violence 10-11 am Inst: BS Independence FCMHC-North</p> <p>Early childhood parenting made fun (2of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Words to never say to kids 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Keeping kids safe online 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>15</p> <p>No classes</p> 
<p>18 Manners parents should teach their kids 10-11 pm Inst: BS Independence FCMHC- North</p> <p>Love and Logic: discipline solutions 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Anger control for kids with Autism 2-3pm Inst: AK Coffeyville FCMHC</p> <p>Ten steps to positive discipline (1of3) 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>19 Building resilience in uncertain times: a guide for parents 10-11 am Inst: BS Fredonia FCMHC</p> <p>Becoming Brain Smart (3of4) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Nurturing the blended family 2-3 pm Inst: AK Coffeyville FCMHC</p> 	<p>20 The importance of self-care for parents 10-11 am Inst: BS Independence FCMHC-North</p> <p>Active Parenting of teens (3of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Forgotten baby syndrome 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Parent Education support group 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>21 Child trafficking and exploitation in Kansas 10-11 am Inst: BS Independence FCMHC-North</p> <p>Early childhood parenting made fun (3of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>The irritable baby 2-3 pm Inst: BS Independence FCMHC-North</p> <p>When food becomes an obsession for your child 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>22</p> <p>No classes</p> 



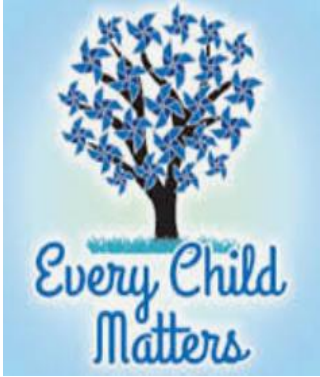


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<p>25</p> <p>No classes</p> 	<p>26</p> <p>Teaching kids about digital foot prints 10-11 am Inst: BS Cowley FCMHC</p> <p>Becoming Brain Smart (4of4) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Raising your grandchild 2-3 pm Inst: AK Coffeyville FCMHC</p> 	<p>27</p> <p>Mindful parenting 10-11 am Inst: BS Independence FCMHC</p> <p>Active Parenting of teens (4of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Dealing with BIG feelings 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting to prevent child abuse 2-3 pm Inst: BS Neodesha FCMHC-North</p>	<p>28</p> <p>A parent's guide to internet trends and behaviors 10-11 am Inst: BS Independence FCMHC-North</p> <p>Early childhood parenting made fun (4of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Being the best father you can be 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Teaching kids social media etiquette 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>29</p> <p>No classes</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.

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