




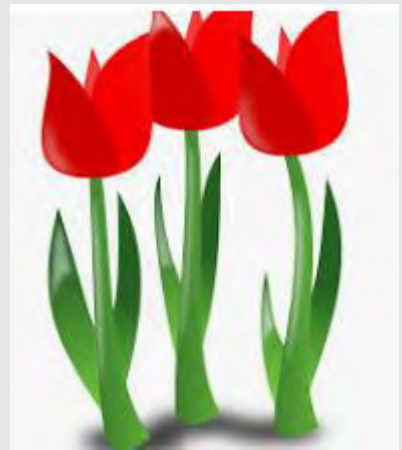


FOUR COUNTY MENTAL HEALTH CENTER
 FREE PARENTING CLASSES IN MONTGOMERY, WILSON, COWLEY, ELK & CHAUTAUQUA COUNTIES

May 2022

www.fourcounty.com

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>2</p> <p>Get in the feels: Understanding your baby's feelings 10-11 am Inst: BS Independence FCMHC- North</p> <p>Talking to kids about suicide 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Helping your child learn to read 2-3 pm Inst: BS Independence FCMHC</p> <p>Active parenting for stepfamilies (1of6) 2-4 pm Inst: AK Coffeyville FCMHC</p>  | <p>3</p> <p>Parenting the love and logic way (1of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Adolescent challenges 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting to prevent substance abuse 11:30-12:30 pm Inst: BS Fredonia FCMHC-North</p>  | <p>4</p> <p>Improving cognitive development in early childhood 10-11 am Inst: BS Independence FCMHC- North</p> <p>Families make the difference (1of3) 10-11 am Inst: AK Coffeyville FCMHC</p>  <p>Active Parenting of teens (5of6) 1-3 pm Inst: AK Coffeyville FCMHC</p> <p>The challenges of Parenting: for new and expecting parents 2-3 pm Inst: BS Independence FCMHC-North</p> | <p>5</p> <p>Unplugged parenting (1of2) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Painless parenting for the preschool years (1of2) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Navigating the tween years 2-3 pm Inst: BS Independence FCMHC- North</p> <p>The effects of substance abuse on the family 2-3 pm Inst: AK Coffeyville FCMHC</p> | <p>6</p> <p><i>No classes</i></p> <p><i>Mother's Day May 8th</i></p>  |
| <p>9</p> <p>The eight principles of attachment parenting 10-11 am Inst: BS Independence FCMHC-North</p> <p>Anger control for kids with autism 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Active Parenting: birth-five (1of4) 2-4 pm Inst: BS Independence FCMHC-North</p> <p>Active parenting for stepfamilies (2of6) 2-4 pm Inst: AK Coffeyville FCMHC</p> | <p>10</p> <p>Parenting the love and logic way (2of6) 10-12 pm Inst: AK Cville FCMHC</p> <p>Building a great relationship with your child 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Forgotten baby syndrome: hot cars kill kids 2-3 pm Inst: BS Neodesha FCMHC</p>  | <p>11</p> <p>Maintaining "can-do" expectations for special needs kids 10-12 pm Inst: BS Fredonia FCMHC</p> <p>Families make the difference (2of3) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Active Parenting of teens (6of6) 1-3 pm Inst: AK Coffeyville FCMHC</p> <p>A guide for co-parenting 2-3 pm Inst: BS Fredonia FCMHC</p> | <p>12</p> <p>Unplugged parenting (2of2) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Painless parenting for the preschool years (2of2) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Connected parenting 2-3 pm Inst: BS Independence FCMHC-North</p> <p>How to respond when your teen is violent 2-3 pm Inst: AK Coffeyville FCMHC</p> | <p>13</p> <p><i>No classes</i></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>16</p> <p>Kids and Vaping: what parents need to know 10-11 am Inst: BS Independence FCMHC-North</p> <p>Depression in teens: recognizing the signs 10-11 am Inst: AK Coffeyville CMHC</p> <p>Active Parenting: birth-five (2of4) 2-4 pm Inst: BS Independence FCMHC-North</p> <p>Active parenting for stepfamilies (3of6) 2-4 pm Inst: AK Coffeyville FCMHC</p> | <p>17</p> <p>When “no” stops working. Managing difficult behavior 10-11 am Inst: BS Neodesha FCMHC</p> <p>Parenting the love and logic way (3of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Sibling Rivalry 2-4 pm Inst: AK Coffeyville FCMHC</p>  | <p>18</p> <p>The happiest baby on the block 10-11 pm Inst: BS Independence FCMHC- North</p> <p>Families make the difference (3of3) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Early childhood parenting made fun (5of5) 1-3 pm Inst: AK Coffeyville CMHC</p> <p>The happiest toddler on the block) 2-3 pm Inst: BS Independence FCMHC-North</p> | <p>19</p> <p>Building resilience in uncertain times 10-11 am Inst: BS Independence FCMHC-North</p> <p>Helping kid manage stress 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Helping kids cope after a traumatic event  1-2 pm Inst: AK Coffeyville FCMHC</p> <p>Discipline makes the difference 2-3 pm Inst: BS Independence FCMHC-North</p> | <p>20</p> <p><i>No classes</i></p>  |
| <p>23</p> <p>Active parenting for stepfamilies (4of6) 2-4 pm Inst: AK Coffeyville FCMHC</p> <p>Preventing power struggles 2-3 pm Inst: BS Fredonia FCMHC</p>  | <p>24</p> <p>12 Essential parenting skills 10-11 pm Inst: BS Cowley FCMHC-</p> <p>Parenting the love and logic way (4of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Real world parenting solutions 2-4 pm Inst: AK Coffeyville FCMHC</p> | <p>25</p> <p>Gaining back control: coping with postpartum depression 10-11 am Inst: BS Independence FCMHC-North</p> <p>Understanding self-harming behaviors in kids and adolescents 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Parenting kids with anxiety 1-2 pm Inst: AK Coffeyville FCMHC</p> <p>Active Parenting: birth-five (3of4) 2-4 pm Inst: BS Independence FCMHC-North</p>  | <p>26</p> <p>Didn't I tell you to take out the trash 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Teaching kids about healthy boundaries 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Discipline strategies for kids with ADHD 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Parent Education support group 1-2 pm Inst: AK Coffeyville FCMHC</p> | <p>27</p> <p>No classes</p>  |

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| <p>30</p>  | <p>31</p> <p>Prenatal health and nutrition 10-11 am Inst: BS Independence FCMHC-North</p> <p>Parenting the love and logic way (5of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Love and logic: success with under-achievers 2-4 pm Inst: AK Coffeyville FCMHC</p> <p>Active Parenting: birth-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> |
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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.**