




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

**July 2022**

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





Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Pre-Registration is necessary</b></p> <p><b>To register please call 620-331-3480 or 620-251-8180</b></p>	<p><b>@Connections Transportation Offered (ask when registering)</b></p> <p><b>%Babysitting Is Available (ask when registering)</b></p>			<p align="center"><b>1</b></p> <p align="center"><b>No classes</b></p>
<p align="center"><b>4</b></p> 	<p><b>5</b></p> <p><b>Adults supporting youth with challenging pasts (6of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Instilling gratefulness in your child 2-3 pm</b> Inst: BS Independence-FCMHC-North FCMHC</p> <p><b>Managing emotional mayhem (5of5) 2-3 pm</b> Inst: AK Coffeyville FCMHC</p>	<p><b>6</b></p> <p><b>Words that work with toddlers 10-11 am</b> Inst: BS Fredonia FCMHC</p> <p><b>Families make the difference (1of3)</b> 10 -11 pm Inst: AK Coffeyville FCMHC</p> <p><b>The eight principles of attachment parenting (1of2)</b> 2-3 pm Inst: AK Coffeyville FCMHC</p> <p><b>Didn't I tell you to take out the trash 2-4 pm</b> Inst: BS Fredonia FCMHC</p>	<p><b>7</b></p> <p><b>12 Essential parenting skills 10-11 am</b> Inst: BS Independence FCMHC-North</p> <p><b>Preventing power struggles 2-3 pm</b> Inst: BS Independence FCMHC-North</p>	<p align="center"><b>8</b></p> <p align="center"><b>No classes</b></p> 

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<p><b>11</b> <b>Parenting behaviors that could be harming your kids</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Dealing with big feelings</b> 10-11 am Inst: AK Coffeyville CMHC</p> <p><b>Prenatal health and nutrition</b> 2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>Secrets to success in parenting your teen</b> 1-2pm Inst: AK Coffeyville FCMHC</p> 	<p><b>12</b> <b>Helping kids with painful feelings</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>The happiest baby on the block</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting kids with anxiety</b> 2-3 pm Inst: BS Neodesha FCMHC</p>	<p><b>13</b> <b>Real world parenting solutions</b> 10-12 pm Inst: BS Independence FCMHC- North</p> <p><b>Families make the difference (2of3)</b> 10 -11 pm Inst: AK Coffeyville FCMHC</p> <p><b>Forgotten baby syndrome: hot cars kill kids</b> 2-3 pm Inst: BS Independence FCMHC- North</p> <p><b>The eight principles of attachment parenting (2of2)</b> 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>14</b> <b>What parents need to know about Fentanyl</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Helping kids manage stress</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Helping kids cope with grief</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Raising kids drug free</b> 2-3 pm Inst: BS Independence FCMHC-North</p>	<p align="center"><b>15</b></p> <p align="center"><b>No classes</b></p> 
<p><b>18</b> <b>Understanding teen development</b> 10-11 pm Inst: BS Independence FCMHC- North</p> <p><b>Repairing family bonds after addiction</b> 10-11 am Inst: AK Coffeyville CMHC</p> <p><b>Building your child's self-esteem</b> 1-2pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting through addiction</b> 2-3 pm Inst: BS Independence FCMHC-North</p>	<p><b>19</b> <b>Manners that parents should teach their kids</b> 10-11 am Inst: BS Fredonia FCMHC</p> <p><b>Co-parenting-working towards cooperative parenting</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>1,2,3 Magic- managing difficult behavior in young kids</b> 2-4 pm Inst: AK Coffeyville FCMHC</p> 	<p><b>20</b> <b>Teaching kids about digital footprints</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Families make the difference (3of3)</b> 10 -11 pm Inst: AK Coffeyville FCMHC</p> <p><b>Nurturing the blended family</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Life skills your child should know before leaving home</b> 2-3 pm Inst: BS Independence FCMHC-North</p>	<p><b>21</b> <b>Keeping kids safe from online predators (1of2)</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Digitally distracted: parenting in the age of technology</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Parenting kids with oppositional defiant disorder</b> 2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>Stress and the healthy family</b> 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p align="center"><b>22</b></p> <p align="center"><b>No classes</b></p> 

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<p><b>25</b> <b>Parent support group</b> 1-2pm Inst: AK Coffeyville FCMHC</p> <p><b>Supporting kids with incarcerated parents</b> 2-3 pm Inst: BS Neodesha FCMHC</p>	<p><b>26</b> <b>Responsive discipline</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Who says parenting can't be fun</b> 10-11am Inst: BS Cowley FCMHC-North</p> <p><b>Calming kids in crisis</b> 1-2pm Inst: AK Coffeyville FCMHC</p>	<p><b>27</b> <b>Keeping the peace at home: anger management for parents</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Improving cognitive development in early childhood</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Teaching kids about healthy boundaries</b> 1-2pm Inst: AK Coffeyville FCMHC</p> <p><b>When your child is targeted by a bully</b> 2-3 pm Inst: BS Independence FCMHC-North</p>	<p><b>28</b> <b>Understanding self-harming behaviors in kids and adolescents</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Keeping kids safe online (2of2)</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Building strong families</b> 1-2pm Inst: AK Coffeyville FCMHC</p> <p><b>Let's talk the talk: discussing risky behaviors</b> 2-3 pm Inst: BS Independence FCMHC-North</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

**Independence:**

Four County Mental Health Center  
3751 W. Main

**Cedar Vale:**

Memorial Library  
608 Cedar St.

**Sedan:**

Four County Mental Health Center  
221 W. Main St.

**Coffeyville**

Four County Mental Health Center  
1601 W. 4<sup>th</sup> St.  
Prairie Room

**Neodesha:**

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

**Fredonia:**

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

**Cowley:**

Four County Mental Health Center, Strother Field  
22214 D Street, Strother Field  
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.**