





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

June 2022


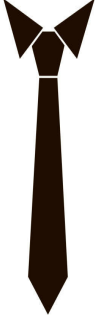


www.fourcounty.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Pre-Registration is necessary</p> <p align="center">To register please call 620-331-3480 or 620-251-8180</p>	<p align="center">@Connections Transportation Offered (ask when registering)</p> <p align="center">%Babysitting Is Available (ask when registering)</p>		 <p align="center">Serving the Kansas counties of Montgomery, Cowley, Wilson, Elk and Chautauqua.</p>	
		<p>1 Instilling gratefulness in your child 10-11 am Inst: BS Independence FCMHC-North</p> <p>Adults supporting youth with challenging pasts (1of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting the love and logic way (6of 6) 2-4 pm Inst: AK Coffeyville FCMHC</p> <p>Words that work with toddlers 2-3 pm Inst: BS Independence FCMHC</p>	<p>2 Early Childhood Parenting made fun (Session 1of 5) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Becoming brain smart (1of5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Building a great relationship with your child 1-2 pm Inst: AK Coffeyville FCMHC</p> <p>General discipline techniques 2-3 pm Inst: BS Independence FCMHC-North</p>	<p align="center">3</p> <p align="center">No classes</p> 

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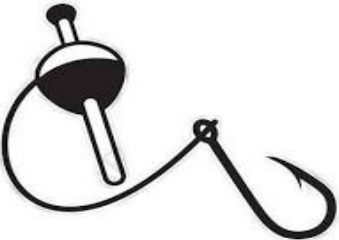

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<p>6 Helping your child find their identity 10-11 am Inst: BS Independence FCMHC-North</p> <p>Anger control for kids with autism 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Talking to kids about suicide 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Active parenting for Stepfamilies (4of6) 1-3 pm Inst: AK Coffeyville FCMHC</p>	<p>7 Managing emotional mayhem (1of5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Active Parenting for stepfamilies (5of6) 1-3 pm Inst: AK Coffeyville FCMHC</p> <p>All about baby- the basics (for new parents) (1of2) 2-3 pm Inst: BS Neodesha FCMHC</p> 	<p>8 Parenting by praise 10-11am Inst: BS Independence FCMHC-North</p> <p>Adults supporting youth with challenging pasts (2of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Love me enough to set limits 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Life skills your child needs before leaving home 2-3 pm Inst: BS Independence FCMHC</p>	<p>9 Early Childhood Parenting made fun (Session 2of 5) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Becoming brain smart (2of5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>The effects of substance abuse on the family 1-2 pm Inst: AK Coffeyville FCMHC</p> <p>The five love languages 2-3 pm Inst: BS Independence FCMHC</p>	<p align="center">10</p> <p align="center">No classes</p> 
<p>13 Practical tips for limiting screen time for kids 10-11am Inst: BS Independence FCMHC-North</p> <p>When kids drain your energy 10-11 am Inst: AK Coffeyville FCMHC</p> <p>How to discipline kids without losing their respect 1-3 pm Inst: AK Coffeyville FCMHC</p> <p>Understanding screen addiction 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>14 Manners that parents should teach their kids 10-11 am Inst: BS Independence FCMHC-North</p> <p>Managing emotional mayhem (2of5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Active Parenting for stepfamilies (6of6) 1-3 pm Inst: AK Coffeyville FCMHC</p> <p>Building your child's self-esteem 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>15 Helping your child stop negative thoughts 10-11 am Inst: BS Fredonia FCMHC</p> <p>Adults supporting youth with challenging pasts (3of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting doesn't have to be rocket science (love and Logic) 2-4 pm Inst: AK Coffeyville FCMHC</p> 	<p>16 Early Childhood Parenting made fun (Session 3of 5) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Becoming brain smart (3of5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Adolescent challenges 1-2 pm Inst: AK Coffeyville FCMHC</p> <p>Forgotten baby syndrome: Hot cars kill kids 2-3 pm Inst: BS Independence FCMHC-North</p>	<p align="center">17</p> <p align="center">No classes</p> 

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<p>20 Teaching your child how to get mad 10-11 pm Inst: BS Independence FCMHC-North</p> <p>How to raise kids that make responsible decisions (love and Logic) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Simple parenting strategies 1-3 pm Inst: AK Coffeyville FCMHC</p>	<p>21 Managing emotional mayhem (3of5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Parent Education support group 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>22 Adults supporting youth with challenging pasts (4of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Secrets to success in parenting your teen 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>23 Becoming brain smart (5of5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Painless parenting for the preschool years (1of2) 1-3 pm Inst: AK Coffeyville FCMHC</p>	<p align="center">24</p> <p align="center">No classes</p> 
<p>27 All about baby- the basics (for new parents) (2of2) 2-3 pm Inst: BS Neodesha FCMHC</p> <p>Being the best father you can be 1-2 pm Inst: AK Coffeyville FCMHC</p> 	<p>28 Managing emotional mayhem (4of5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Emotional intelligence for parents 10-11 pm Inst: BS Cowley FCMHC</p> <p>Why can't we get along? Teen/parent conflict 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>29 Stimulating baby massage 10-11am Inst: BS Independence FCMHC-North</p> <p>Adults supporting youth with challenging pasts (5of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting behaviors that harm your kids 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>30 Becoming brain smart (5of5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Early Childhood Parenting made fun (Session 4of 5) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Painless parenting for the preschool years (2of2) 1-3 pm Inst: AK Coffeyville FCMHC</p> <p>Sibling Rivalry 2-4 pm Inst: BS Independence FCMHC-North</p>	

Virtual Options for class available.

Email Barbara Shoop bshoop@fourcounty.com for more information

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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. 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.