


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

August 2022

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



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b> <b>What parents need to know about vaping</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Parenting the love and logic way</b> (Session 1 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Simple parenting strategies for raising great kids in complicated times</b> 2-4 pm Inst: AK Coffeyville FCMHC</p> <p><b>Under-cover parents- apps parents need to know about</b> 2-3 pm Inst: BS Independence FCMHC-North</p>	<p><b>2</b> <b>Active Parenting of teens</b> (Session 1 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>How to discipline kids without losing their love and respect</b> 2-4 pm Inst: AK Coffeyville FCMHC</p> <p><b>Building resilience through connection</b> 2-4 pm Inst: BS Independence FCMHC-North</p>	<p><b>3</b> <b>The challenges of parenting- for new parents</b> 10-11 am Inst: BS Fredonia FCMHC</p> <p><b>Discipline solutions (1 of 4)</b> 10-11 am Inst: AK Coffeyville FCMHC-</p> <p><b>Calming the chaos (1 of 2)</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Helping your child through separation anxiety (ages 0-3)</b> 2-3 pm Inst: BS Fredonia FCMHC</p>	<p><b>4</b> <b>The importance of self-care for parents</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Active parenting: the first five years (1 of 4)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Hormones and wheels (1 of 3)</b> 2-3 pm Inst: AK Coffeyville FCMHC</p> <p><b>Stress management for parents</b> 2-3 pm Inst: BS Independence FCMHC</p>	<p style="text-align: center;"><b>No classes</b></p>
<p><b>8</b> <b>Parenting the love and logic way</b> (2 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Caring for kids after trauma</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>How to raise kids who make responsible decisions</b> 2-4 pm Inst: AK Coffeyville FCMHC</p> <p><b>Teaching kids social media etiquette</b> 2-3 pm Inst: BS Independence FCMHC</p>	<p><b>9</b> <b>Active Parenting of teens</b> (2 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Forgotten baby syndrome: Hot cars kill kids!</b> 10-11 am Inst: BS Neodesha FCMHC-North</p> <p><b>Who's the boss? Fair and effective discipline for teens</b> 2-3 pm Inst: BS Neodesha FCMHC-</p> <p><b>Raising the odds for responsible behavior</b> 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p><b>10</b> <b>Navigating the tween years</b> 10-11 am Inst: BS Independence FCMHC- North</p> <p><b>Discipline solutions ( 2 of 4)</b> 10-11 am Inst: AK Coffeyville FCMHC-</p> <p><b>Calming the chaos (2 of 2)</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting to prevent emotional abuse</b> 2-3 pm Inst: BS Independence FCMHC-North</p>	<p><b>11</b> <b>Understanding self-harming behaviors in kids and adolescence</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Active parenting: the first five years (2 of 4)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Trauma, toxic stress, and caregiver wellbeing</b> 2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>Hormones and wheels (2 of 3)</b> 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p style="text-align: center;"><b>No classes</b></p> <div style="text-align: center;">  <p>The graphic features the word 'Back' in large, white, block letters on a black background, with 'to School' written in a smaller, white, cursive font on a yellow pencil. The pencil is oriented horizontally and has a pink eraser at the top and a yellow body with a black band.</p> </div>

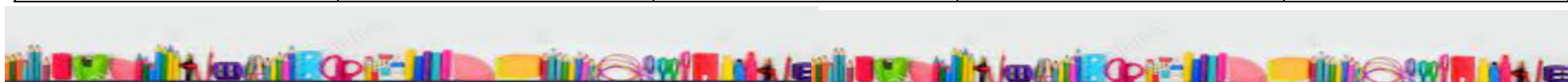


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<p><b>15</b> <b>Parenting the love and logic way</b> (3of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Toddlers- and the terrific twos</b> 10-11 am Inst: BS Independence FCMHC- North</p> <p><b>Understanding child abuse and neglect</b> 2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>Secrets of step parenting</b> 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>16</b> <b>Addressing child motivation</b> 10-11 am Inst: BS Fredonia FCMHC</p> <p><b>Active Parenting of teens</b> (3of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Four steps to responsibility</b> 2-3 pm Inst: AK Coffeyville FCMHC</p> <div style="text-align: center;">  <p>gg61334707 GoGraph.com</p> </div>	<p><b>17</b> <b>Gaining back control: Coping with post-partum depression</b> 10-11 am Inst: BS Independence-FCMHC-North</p> <p><b>Discipline solutions</b> (3of 4) 10-11 am Inst: AK Coffeyville FCMHC-</p> <p><b>Success for under-achievers (1of2)</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Anger management for parents</b> 2-3 pm Inst: BS Independence FCMHC-North</p>	<p><b>18</b> <b>Prenatal health and nutrition- for expectant mothers</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Active parenting: the first five years</b> (3of4) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Hormones and wheels</b> (3of3) 2-3 pm Inst: AK Coffeyville FCMHC</p> <p><b>Active parenting for stepfamilies</b> (1of6) 2-4 pm Inst: BS Independence FCMHC-North</p>	<p style="text-align: center;"><b>19</b></p> <p style="text-align: center;"><b>No classes</b></p>
<p><b>22</b> <b>Child trafficking and exploitation in Kansas</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>Parenting the love and logic way</b> (4of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Helicopters, drill sergeants, and consultants</b> 2-4 pm Inst: AK Coffeyville FCMHC</p> <p><b>Effective communication in the family</b> 2-3 pm Inst: BS Independence FCMHC-North</p>	<p><b>23</b> <b>Parenting doesn't have to be rocket science</b> 10-12 pm Inst: BS Neodesha FCMHC-</p> <p><b>Active Parenting of teens</b> (4of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parenting by praise</b> 2-3 pm Inst: BS Neodesha FCMHC-</p> <p><b>Understanding trauma in kids</b> (1of2) 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>24</b> <b>Helping your child find their identity</b> 10-11 am Inst: BS Independence FCMHC- North</p> <p><b>Discipline solutions</b> (4of 4) 10-11 am Inst: AK Coffeyville FCMHC-</p> <p><b>Success for under-achievers (2of2)</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Talking to kids about suicide</b> 2-3 pm Inst: BS Independence FCMHC- North</p>	<p><b>25</b> <b>Parenting behaviors that harm your kids</b> 10-12 pm Inst: BS Independence FCMHC- North</p> <p><b>Active parenting: the first five years</b> (4of 4) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Picking up the pieces- after child sexual abuse</b> 2-3 pm Inst: AK Coffeyville FCMHC</p> <p><b>Active parenting for stepfamilies</b> (2of6) 2-4 pm Inst: BS Independence FCMHC-North</p>	<p style="text-align: center;"><b>26</b></p> <p style="text-align: center;"><b>No classes</b></p> <div style="text-align: center;">  </div>



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<p><b>29</b>  <b>Parenting the love and logic way</b>                  (5of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parent Education support group</b>                  2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>Parent Education support group</b>                  2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>30</b>  <b>Active Parenting of teens</b>                  (5of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>12 Essential parenting skills</b>                  10-11 am Inst: BS Cowley FCMHC</p> <p><b>Understanding trauma in kids</b>                  (2of2) 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>31</b>  <b>Teen dating violence</b>                  10-11 am Inst: BS Independence FCMHC- North</p> <p><b>Understanding sensory processing disorders in kids</b>                  10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Caring for kids with type I diabetes</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>The irritable baby</b>                  2-3 pm Inst: BS Independence FCMHC-North</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><b>@Connections Transportation Offered (ask when registering)</b></p> <p><b>%Babysitting Is Available (ask when registering)</b></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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Barbara Shoop (), 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. 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  
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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