




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

September 2022

www.fourcounty.com

Monday	Tuesday	Wednesday	Thursday	Friday
<p>@Connections Transportation Offered (ask when registering)</p> <p>%Babysitting Is Available (ask when registering)</p> <p>Pre-Registration is necessary</p> <p>To register please call 620-331-3480 or 620-251-8180</p>			<p>1</p> <p>The happiest baby on the block 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>Active parenting for step families (sess3of6) 2-4pm Inst: BS Independence FCMHC- North</p> <p>Parenting the love and logic way (sess6of6) 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>2</p>
<p>5</p>  <p>Agency Closed</p>	<p>6</p> <p>Adults supporting youth with challenging pasts (1of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Making the most of playtime: infants and toddlers 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Neglect matters 2-3 pm Inst: BS Neodesha FCMHC</p>	<p>7</p> <p>Balancing work and family during COVID 10-11 am Inst: BS Independence FCMHC-North</p> <p>Raising your grandchild 10 -11 am Inst: AK Coffeyville FCMHC</p> <p>Parenting kids with oppositional defiant disorder 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Who says parenting can't be fun? 1-3 pm Inst: AK Coffeyville FCMHC</p>	<p>8</p> <p>The happiest toddler on the block 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Early Childhood Parenting Made Fun (2of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Active parenting for step families (sess4of6) 2-4pm Inst: BS Independence FCMHC- North</p> <p>Active parenting of teens (sess6of6) 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>9</p> 

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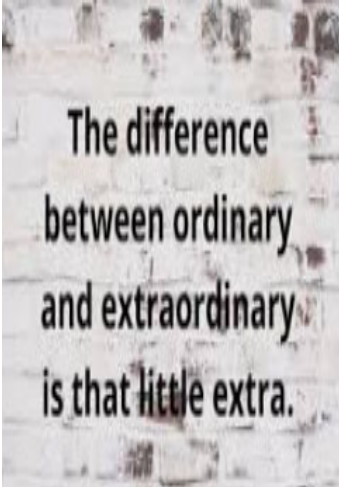
Virtual options available!

For more information, email *Barbara Shoop* at bshoop@fourcounty.com

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<p>12 Becoming brain smart (Conscious discipline) (sess1)10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Supporting kids with incarcerated parents 10-11 am Inst: BS Independence FCMHC- North</p> <p>Helping kids cope with painful feelings 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>13 Adults supporting youth with challenging pasts (2of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>A guide for co-parenting 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Calming kids in crisis 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>14 Depression in teens 10-11 pm Inst: BS Fredonia FCMHC</p> <p>Keeping the peace at home: Anger management for parents 10 -11 am Inst: AK Coffeyville FCMHC</p> <p>Toddlers: your game plan for the terrific twos 1-2 pm Inst: AK Coffeyville FCMHC</p> <p>Forgotten baby syndrome: Hot cars kill kids! 2-3 pm Inst: BS Fredonia FCMHC</p>	<p>15 Words to never say to kids 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>Active parenting for step families (sess5of6) 2-4pm Inst: BS Independence FCMHC- North</p> <p>Social emotional learning in the home 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>16</p> 
<p>19 Becoming brain smart (Conscious discipline) (sess2)10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Connected parenting 10-11 am Inst: BS Independence FCMHC-North</p> <p>Why can't we get along? Parent/teen conflict 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>20 Improving cognitive development in early childhood 10-11 am Inst: BS Neodesha FCMHC</p> <p>Adults supporting youth with challenging pasts (3of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Real world parenting solutions 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>21 Raising kids drug free 10-11 am Inst: BS Independence FCMHC-North</p> <p>Sibling rivalry 10 -12 pm Inst: AK Coffeyville FCMHC</p> <p>Strengthening parenting through relationships 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Understanding screen addiction 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>22 Attachment parenting 10-11m Inst: BS Independence FCMHC-North</p> <p>Early Childhood Parenting Made Fun (5of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Active parenting for step families (sess6of6) 2-4pm Inst: BS Independence FCMHC- North</p> <p>Being the best father you can be 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>23</p>

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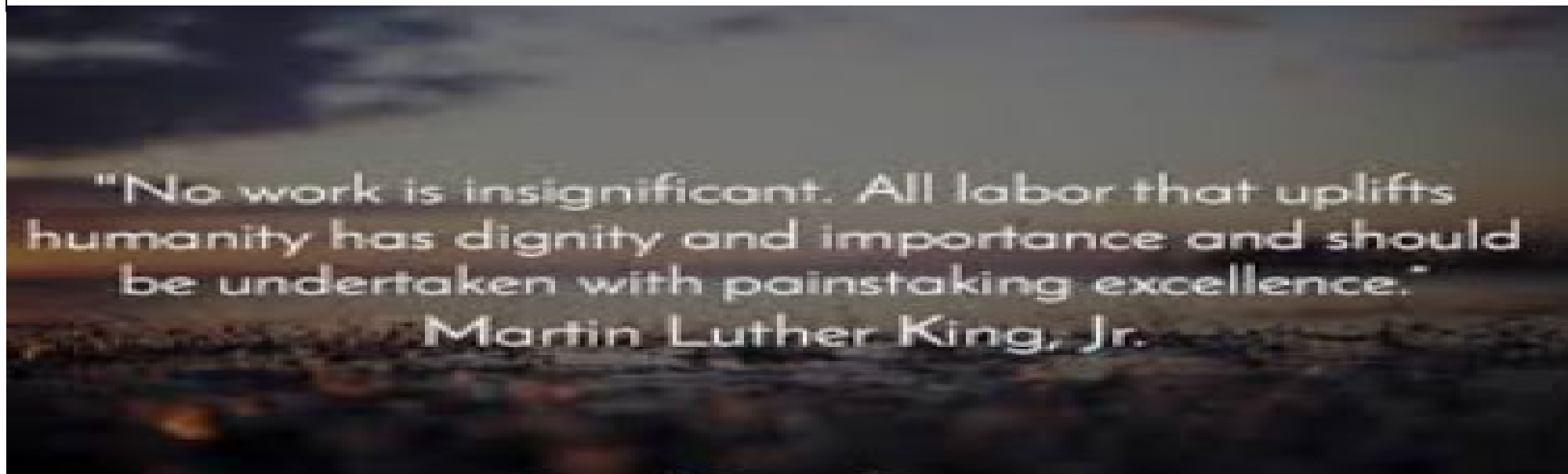
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<p>26 Becoming brain smart (Conscious discipline) (sess3)10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Raising responsible kids 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>27 Mindful parenting 10-11 am Inst: BS Cowley FCMHC</p> <p>Adults supporting youth with challenging pasts (4of6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Dealing with big feelings: teaching kids to self-regulate 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>28 Anger control for kids with Autism 10 -11 am Inst: AK Coffeyville FCMHC</p> <p>Parenting through addiction 10-11m Inst: BS Independence FCMHC-North</p> <p>Parent Education support group 1-2 pm Inst: AK Coffeyville FCMHC</p> <p>Repairing bonds broken by addiction 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>29 Parenting the love and logic way (sess10f6) 10-11m Inst: BS Independence FCMHC-North</p> <p>Early Childhood Parenting Made Fun (5of5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Building resilience in uncertain times 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Helping kids cope in a traumatic event 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>30</p>
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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.

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