





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

October 2022

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>3</b> <b>Why so jealous? Dealing with sibling rivalry</b> 10-11 am Inst: BS Independence FCMHC-North</p> <p><b>How to raise kids that make responsible decisions</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Parenting doesn't have to be rocket science</b> 1-2 pm Inst: BS Coffeyville FCMHC-North</p> <p><b>Painless parenting for the preschool years</b> (1of2) 2-3 pm Inst: BS Independence FCMHC-North</p>	<p><b>4</b> <b>Love me enough to set limits</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Talking to kids about suicide</b> 2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>Secrets to success in parenting your teen</b> 1-2 pm Inst: BS Coffeyville FCMHC-North</p> 	<p><b>5</b> <b>Helping kids manage stress</b> 10-11am Inst: BS Fredonia FCMHC-North</p> <p><b>Understanding self-harming behaviors in kids and adolescents</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Helping your child learn to read</b> 2-3 pm Inst: BS Fredonia FCMHC</p> <p><b>How to respond when your teen gets violent</b> 1-2 pm Inst: AK Coffeyville FCMHC-</p>	<p><b>6</b> <b>Parenting the love and logic way</b> (2of6) 10-11am Inst: BS Independence FCMHC-North</p> <p><b>Simple parenting strategies for raising kids</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Good- enough parenting</b> 2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>Adults supporting youth with challenging past</b> (5of6) 2-4 pm Inst: BS Coffeyville FCMHC-North</p>	<p style="text-align: center;"><b>No classes</b></p> 
<p><b>10</b> <b>Active Parenting of 5-12 yr.</b> (1of5) 10-12 pm Inst: BS Independence FCMHC-North</p> <p><b>Building your child's self-esteem</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Painless parenting for the preschool years</b> (2of2) 2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>How to discipline kids without losing their respect</b> 1-3 pm Inst: BS Coffeyville FCMHC-North</p>	<p><b>11</b> <b>Success with under-achievers</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Understanding teen development</b> 2-3 pm Inst: BS Neodesha FCMHC</p> 	<p><b>12</b> <b>When kids drain your energy</b> 1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Understanding screen and internet addiction</b> 2-3 pm Inst: BS Independence FCMHC-North</p>	<p><b>13</b> <b>Parenting the love and logic way</b> (3of6) 10-11am Inst: BS Independence FCMHC-North</p> <p><b>Avoiding power struggles</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Parenting by praise</b> 2-3 pm Inst: BS Independence FCMHC-North</p> <p><b>Adults supporting youth with challenging past</b> (6of6) 2-4 pm Inst: BS Coffeyville FCMHC-North</p>	<p style="text-align: center;"><b>No classes</b></p> 





**Virtual options available!**

**For more information, email *Barbara Shoop* at [bshoop@fourcounty.com](mailto:bshoop@fourcounty.com)**

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<p><b>17</b>  <b>Active Parenting of 5-12 yr. olds</b>                  (2of5) 10-12 pm Inst: BS  <b>Independence</b> FCMHC-North</p> <p><b>Building a great relationship with your child</b>                  10-11 am Inst: AK Coffeyville                  FCMHC</p> <p><b>@%Incredible Years- Babies</b>                  (1of8) 1-2 pm Inst: BS <b>Independence</b>                  FCMHC-North</p> <p><b>Adolescent challenges</b>                  1-2 pm Inst: AK Coffeyville FCMHC-North</p>	<p align="center"><b>18</b></p> <p align="center">No classes</p> 	<p align="center"><b>19</b></p> <p align="center">No classes</p>	<p><b>20</b>  <b>Raising your grand child</b>                  1-2 pm Inst: AK Coffeyville                  FCMHC</p> 	<p align="center"><b>21</b></p> <p align="center">No classes</p>
<p><b>24</b>  <b>Active Parenting of 5-12 yr. olds</b>                  (3of5) 10-12 pm Inst: BS  <b>Independence</b> FCMHC-North</p> <p><b>The secrets of step parenting</b>                  10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>@%Incredible Years- Babies</b>                  (2of8) 1-2 pm Inst: BS <b>Independence</b>                  FCMHC-North</p> <p><b>Teaching kids home alone skills</b>                  2-3 pm Inst: AK Coffeyville FCMHC-North</p>	<p><b>25</b>  <b>Parenting to prevent substance abuse</b> 10-11 am Inst: BS Cowley                  FCMHC</p> <p><b>Didn't I tell you to take out the trash</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Parent Education Support Group</b>                  2-3 pm Inst: AK Coffeyville FCMHC</p> 	<p><b>26</b>  <b>Parenting an aggressive teen</b>                  10-11 am Inst: BS <b>Independence</b>                  FCMHC</p> <p><b>Stress and the healthy family</b>                  10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Parenting kids with anxiety</b>                  1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>What parents need to know about Fentanyl</b>                  2-3 pm Inst: BS <b>Independence</b>                  FCMHC</p>	<p><b>27</b>  <b>Parenting the love and logic way</b>                  (4of6) 10-11am Inst: BS  <b>Independence</b> FCMHC-North</p> <p><b>Responsive discipline</b>                  10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>1-2-3 Magic: Managing difficult behavior</b>                  1-2 pm Inst: AK Coffeyville FCMHC</p> <p><b>Nurturing the blended family</b>                  2-3 pm Inst: BS <b>Independence</b>                  FCMHC-North</p>	<p align="center"><b>28</b></p> <p align="center">No classes</p> 

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<p><b>31</b> <b>Teaching kids healthy boundaries</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Active Parenting of 5-12 yr. olds</b> (4of5) 10-12 pm Inst: BS <b>Independence</b> FCMHC-North</p> <p><b>@%Incredible Years- Babies</b> (3of8) 1-2 pm Inst: BS <b>Independence</b> FCMHC-North</p> <p><b>Instilling gratefulness in your kids</b> 1-2 pm Inst: AK Coffeyville FCMHC</p>		
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**Pre-Registration is necessary. Deadline is the day before class.  
To register, call 620-331-3480 or 620-251-8180**

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Instructors: Michele VanWinkle (MV), Parent Education Coordinator;  
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.  
Please help us share this information by publishing this in your newsletter, bulletin, or post on bulletin boards.**