



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

November 2022

www.fourcounty.com

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Active Parenting of Teens (1 of 5) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Becoming Brain Smart (3 of 4) 2-3 pm Inst: BS Coffeyville FCMHC-North</p>	<p>2 Active Parenting of Stepfamilies (1 of 6) 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Parenting Unplugged (1 of) 10-11 am Inst: BS Fredonia FCMHC</p> <p>Love & Logic: Early Childhood Made Fun (1 of 5) 1-2 pm Inst: AK Coffeyville FCMHC-</p> <p>Parenting Unplugged (2 of 2) 2-3 pm Inst: BS Fredonia FCMHC</p>	<p>3 Parenting the Love & Logic Way (5 of 6) 10-11am Inst: BS Independence FCMHC-North</p> <p>Helping Kids Cope in a Traumatic Event 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Gaining Back Control: Dealing with Postpartum Depression 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Toddlers: Your Game Plan for the Terrific Twos 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>4 Parent Support Group 10-11 am Inst: BS Independence FCMHC-North</p>
<p>7 Prenatal Health and Nutrition 10-11 am Inst: BS Independence FCMHC-North</p> <p>Happiest Baby on the Block 10-11 am Inst: AK Coffeyville FCMHC</p> <p>@% Incredible Years; Babies 1-2 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting First Five Years 1-3 pm Inst: AK Coffeyville FCMHC</p>	<p>8 Active Parenting of Teens 10-12 pm Inst: BS Coffeyville FCMHC</p> <p>Becoming Brain Smart (4 of 4) 2-3 pm Inst: AK Coffeyville FCMHC</p> <p>Words that Work with Toddlers 2-3 pm Inst: BS Neodesha FCMHC</p>	<p>9 Active Parenting of Stepfamilies (2 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Love & Logic; Early Childhood Parenting Made Fun (2 of 5) 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>10 Parenting the Love & Logic Way 10-11 am Inst: BS Independence FCMHC-North</p> <p>Repairing Family Bonds after Addiction 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Teaching your Kid How to be Mad 1-2 pm Inst: BS Independence FCMHC-North</p> <p>Dealing with Big Feelings: Teaching Kids to Self-Regulate 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>11</p> <p>NO CLASSES</p> 



Virtual options available!

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

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<p>14 Navigating the Tween Years 10-11 am Inst: BS Independence FCMHC-North</p> <p>Parent Education Support Group 10-11 am Inst: AK Coffeyville FCMHC</p> <p>@%Incredible Years; Babies 1-2 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting First Five Years (2 of 4) 1-3 pm Inst: AK Coffeyville FCMHC</p>	<p>15 Parenting to Prevent Emotional Abuse 10-11 am Inst: BS Neodesha FCMHC</p> <p>Active Parenting of Teens (3 of 5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Adolescent Changes 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>16 Raising Kids Drug Free 10-11 am Inst: BS Independence FCMHC- North</p> <p>Active Parenting of Stepfamilies (3 of 6) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>All About Baby (1 of 2) 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Love & Logic: Early Childhood Made Fun (3 of 5) 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>17 Active Parenting of 5-12 year olds 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Why Can't We Get Along? Managing Parent/Teen Conflict 10-11 am Inst: AK Coffeyville FCMHC</p> <p>All About Baby (2 of 2) 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Helping Kids Cope with Painful Feelings 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p align="center">18</p> <p align="center">NO CLASSES</p> 
<p>21 Our Emotional Wellbeing and How it Affects our Kids 10-11 am Inst: BS Independence FCMHC-North</p> <p>Depression in Teens: Recognizing the Signs and Helping them Through it 10-11 am Inst: AK Coffeyville FCMHC</p> <p>@%Incredible Years; Babies 1-2 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting First Five Years (3 of 4) 1-3 pm Inst: AK Coffeyville FCMHC</p>	<p>22 Active Parenting of Teens (4 of 5) 10-2 pm Inst: AK Coffeyville FCMHC</p> <p>Four Steps to Responsibility 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>23 Active Parenting of 5-12 year olds 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting of Stepfamilies (4 of 6) 10-2 pm Inst: AK Coffeyville FCMHC</p> <p>Helping Your Child Find Their Identity 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Love & Logic: Early Childhood Parenting Made Fun (4 of 5) 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p align="center">24</p> <p align="center">NO CLASSES THANKSGIVING</p> 	<p align="center">25</p> <p align="center">NO CLASSES THANKSGIVING</p>

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<p>28 Understanding Screen and Internet Addiction 10-11 am Inst: BS Independence FCMHC-North</p> <p>@%Incredible Years; Babies 1-2 pm Inst: BS Independence FCMHC-North</p> <p>Active Parenting First Five Years (4 of 4) 1-3 pm Inst: AK Coffeyville FCMHC</p>	<p>29 Real World Parenting Solutions 10-11 am Inst: BS Cowley FCMHC</p> <p>Active Parenting of Teens (5 of 5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Calming the Chaos 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>30 Positive Discipline Approaches to Guiding Young Kids 10-11 am Inst: BS Fredonia FCMHC</p> <p>Active Parenting of Stepfamilies (5 of 5) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Healing the Invisible Wounds: Kids Exposed to Violence 2-3 pm Inst: BS Fredonia FCMHC</p> <p>Love & Logic: Early Childhood Parenting Made Fun 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**

Instructors: Barbara Shoop (BS), Anthony Kelly (AK), Parent Education Specialists for Four County Mental Health Center

**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
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.**