


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

December 2022

www.fourcounty.com

Monday	Tuesday	Wednesday	Thursday	Friday
			<p>1 Active Parenting: The First Five Years (1 of 4) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Stress and the Healthy Family 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Parenting Through Addiction 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Nurturing the Blended Family 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>2 Parent Education Support Group 10-11 am Inst: BS Independence FCMHC-North</p>
			<p>5 Manners that Parents Should Teach Their Kids 10-11 am Inst: BS Independence FCMHC-North</p> <p>Picking up the Pieces after Child Sexual Abuse 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Addressing Child Motivation 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Responsive Discipline 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>6 Helping Children Manage Stress 10-11 am Inst: AK Coffeyville FCMHC</p> <p>When Kids Leave you Speechless 2-3 pm Inst: BS Neodesha FCMHC</p> <p>The Importance of Self-Care for Parents 1-2 pm Inst AK Coffeyville</p>


Virtual options available!

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

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<p>12 Supporting Kids with an Incarcerated Parent 10-11 am Inst: BS Independence FCMHC-North</p> <p>Talking to Kids About Suicide 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Helping your Child Deal with Grief 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Undercover Parents: Apps Parents Need to Know About 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>13 The Challenges of Parenting: For Teens and New Parents 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Kids and Vaping: What Parents Need to Know 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>14 Connected Parenting 10-11 am Inst: BS Independence FCMHC-North</p> <p>Active Parenting of Stepfamilies 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Loving Guidance: Setting Limits Without Guilt (1 of 2) 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Building a Great Relationship with Your Child 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>15 Active Parenting: The First Five Years (3 of 4) 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Painless Parenting for the Preschool Years 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Loving Guidance: Setting Limits Without Guilt (2 of 2) 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>16 Parent Education Support Group 10-11 am Inst BS Independence FCMH-North</p>
<p>19 Parenting Special Needs Kids: Maintaining Can-do Expectations 10-12 pm Inst: BS Independence FCMHC-North</p> <p>Building Your Child's Self-Esteem 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Mindful Parenting 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Anger Control for Kids with Autism 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>20 Child Trafficking and Exploitation in Kansas 10-11 am Inst: BS Cowley</p> <p>Calming Children in Crisis 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Secrets to Success in Parenting Your Teen 1-2 pm Inst: AK Coffeyville</p>	<p>21 Repairing Family Bonds After Addiction 10-11 am Inst: BS Independence FCMHC-North</p> <p>Toddlers: Your Game Plan for the Terrific Twos 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Parenting Kids with Anxiety 2-3 pm Inst: BS Independence FCMHC-North</p> <p>How to Discipline Kids Without Losing Their Love and Respect 1-3 pm Inst: AK Coffeyville FCMHC</p>	<p>22 Active Parenting: The First Five Years (4 of 4) 10-12 pm Inst BS Independence FCMHC-North</p> <p>Words to Never Say to Kids 2-3 pm Inst: BS Independence FCMHC-North</p>	<p style="text-align: center;">23</p> <p style="text-align: center;">NO CLASSES</p> <div style="text-align: center;">  </div>

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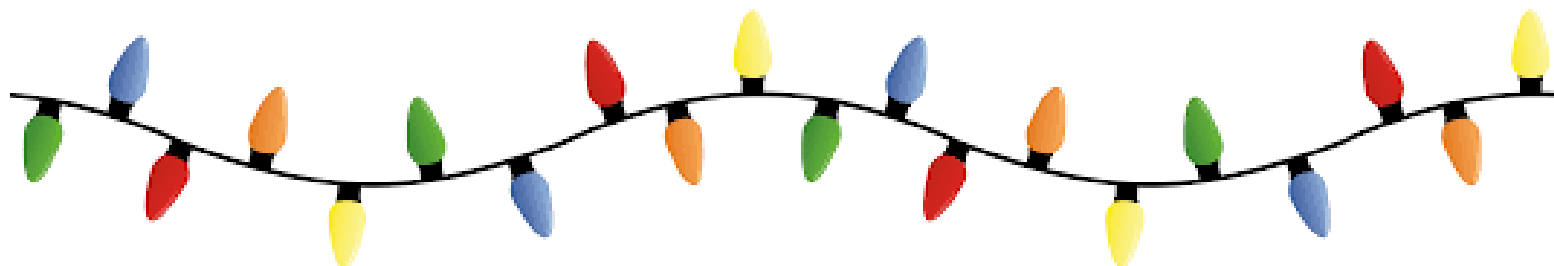
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<p>26</p> <p>NO CLASSES</p> 	<p>27</p> <p>Parenting to Prevent Emotional Abuse 10-11 am Inst: BS Independence FCMHC-North</p> <p>Stress Management for Parents 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>28</p> <p>Real World Parenting Solutions (Love and Logic) 10-12 pm Inst: BS Fredonia FCMHC</p> <p>Who Says Parenting Can't be Fun 2-4 pm Inst: BS Fredonia FCMHC</p>	<p>29</p> <p>Understanding Teen Development 10-11 am Inst: BS Independence FCMHC-North</p> <p>The Happiest Baby on the Block 2-3 pm Inst: BS Independence FCMHC-North</p>	<p>30</p> <p>NO CLASSES</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 – 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.
Please help us share this information by publishing this in your newsletter, bulletin, or post on bulletin boards.**