


FOUR COUNTY MENTAL HEALTH CENTER  
 FREE PARENTING CLASSES IN MONTGOMERY, WILSON, COWLEY, ELK & CHAUTAUQUA COUNTIES  
**JANUARY 2023**  
[www.fourcounty.com](http://www.fourcounty.com)

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>NEW YEAR HOLIDAY</b>  <b>NO CLASSES</b> 	<b>3</b> <b>Active Parenting of Teens (1of6)</b> 10-12 pm Inst: BS Independence-FCMHC-North  <b>Incredible Years: Toddlers (1of13)</b> 10-11 am Inst: AK Coffeyville FCMHC  <b>Understanding and Helping Your Child with Separation Anxiety</b> 2-3 pm Inst: BS Independence North- FCMHC  <b>Avoiding Power Struggles</b> 1-2 pm Inst: AK Coffeyville FCMHC	<b>4</b> <b>The Irritable Baby</b> 10-11 am Inst: BS Independence-North- FCMHC  <b>Adults Supporting Youth with Challenging Pasts (1of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC  <b>Trauma, Toxic Stress, and Caregiver Wellbeing</b> 2-3 pm Inst: BS Independence-North  <b>Hormones and Wheels (1of3)</b> 2-3 pm Inst: AK Coffeyville FCMHC	<b>5</b> <b>Parenting the Love &amp; Logic Way (1of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC  <b>Effective Communication in the Family</b> 2-3 pm Inst: BS Neodesha FCMHC  <b>Love and Logic: Magic for Early Childhood Discipline Solutions (1of6)</b> 2-3 pm Inst: AK Coffeyville FCMHC	<b>6</b>  <b>NO CLASSES</b>
<b>9</b> <b>Digitally Distracted: Parenting in the Age of Technology</b> 10-11 am Inst: BS Independence FCMHC -North  <b>Parenting Doesn't Have to be Rocket Science (1of2)</b> 10-12 pm Inst: AK Coffeyville FCMHC  <b>Prenatal Health and Nutrition</b> 2-3 pm Inst: BS Independence FCMHC- North  <b>Understanding Sensory Processing Disorders in Kids</b> 1-2 pm Inst: AK Coffeyville FCMHC	<b>10</b> <b>Active Parenting of Teens (2of6)</b> 10-12 pm Inst: BS Independence-North  <b>Incredible Years: Toddlers (2of13)</b> 10-11 am Inst: AK Coffeyville FCMHC  <b>Single Parenting: Avoiding Toxic Relationships</b> 2-3 pm Inst: BS Independence-North  <b>Sibling Rivalry</b> 1-3 pm Inst: AK Coffeyville FCMHC	<b>11</b> <b>Improving Cognitive Development in Early Childhood</b> 10-11 am Inst: BS Fredonia FCMHC  <b>Adults Supporting Youth with Challenging Pasts (2of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC  <b>The Responsibilities of Parenting: For New and Expectant Parents</b> 2-3 pm Inst: BS Fredonia FCMHC  <b>Hormones &amp; Wheels (2of3)</b> 2-3 pm Inst: AK Coffeyville FCMHC	<b>12</b> <b>Parenting the Love &amp; Logic Way (2of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC  <b>Gaining Back Control: Dealing with Post-Partum Depression</b> 2-3 pm Inst: BS Independence North FCMHC  <b>Love &amp; Logic: Magic for Early Childhood Discipline Solutions (2of3)</b> 2-3 pm Inst: AK Coffeyville FCMHC	<b>13</b>  <b>NO CLASSES</b>

**Pre-Registration is necessary. Deadline is the day before class.  
 To register, call 620-331-3480 or 620-251-8180**

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

**JANUARY 2023**

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

<p><b>16</b></p> <p align="center"><b>MARTIN LUTHER KING JR HOLIDAY</b></p> <p align="center"><b>NO CLASSES</b></p> 	<p><b>17</b></p> <p><b>Building Self-Esteem in Kids</b> 10-11 am Inst: BS Neodesha FCMHC</p> <p><b>Incredible Years: Toddlers (3of13)</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Get in the Feels: Understanding Your Baby's Feelings</b> 2-3 pm Inst: BS Neodesha FCMHC</p> <p><b>Parent Education Support Group</b> 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p><b>18</b></p> <p><b>Active Parenting of Teens (3 of 6)</b> 10-11 am Inst: BS Independence-North FCMHC</p> <p><b>Adults Supporting Youth with Challenging Pasts (3 of 6)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>The Nurturing Touch: Stimulating Baby Massage</b> 2-3 pm Inst: BS Independence-North FCMHC</p> <p><b>Hormones &amp; Wheels (3 of 3)</b> 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>19</b></p> <p><b>Parenting Kids with Anxiety</b> 10-11 am Inst: BS Cowley FCMHC</p> <p><b>Parenting the Love &amp; Logic Way (3 of 6)</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Love &amp; Logic: Magic for Early Childhood Discipline Solutions (3of6)</b> 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>20</b></p> <p align="center"><b>NO CLASSES</b></p>
<p><b>23</b></p> <p><b>General Discipline Techniques</b> 2-3 pm Inst: BS Independence-North FCMHC</p> <p><b>1, 2, 3, Magic: Managing Difficult Behavior</b> 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p><b>24</b></p> <p><b>Active Parenting of Teens (4of6)</b> 10-12 pm Inst: BS Independence-North FCMHC</p> <p><b>Incredible Years: Toddlers (4of13)</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Trauma Informed Parenting</b> 2-3 pm Inst: BS Independence-North FCMHC</p> <p><b>Responsive Discipline</b> 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>25</b></p> <p><b>Essential Life Skills to Teach Your Kids</b> 10-11 am Inst: BS Independence-North FCMHC</p> <p><b>Adults Supporting Youth with Childhood Pasts (3of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>The Happiest Toddler on the Block</b> 2-3 pm Inst: BS Independence-North FCMHC</p> <p><b>Simple Parenting Strategies for Raising Kids in Complicated Times</b> 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p><b>26</b></p> <p><b>Building Resilience in Uncertain Times</b> 10-11 am Inst: BS Fredonia FCMHC</p> <p><b>Parenting the Love &amp; Logic Way (4of6)</b> 10-12 pm Inst: AK Coffeyville FCMHC</p> <p><b>Love &amp; Logic: Magic for Early Childhood Discipline Solutions (4of6)</b> 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p><b>27</b></p> <p align="center"><b>NO CLASSES</b></p>
<p><b>30</b></p> <p><b>Practical Tips for Limiting Screen Time for Your Kids</b> 10-11 am Inst: BS Independence-North FCMHC</p> <p><b>Instilling Gratefulness in Your Kids</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Parenting to Prevent Emotional Abuse</b> 2-3 pm Inst: BS Independence-North FCMHC</p> <p><b>Being the Best Father You Can Be</b> 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p><b>31</b></p> <p><b>Active Parenting of Teens (5 of 6)</b> 10-12 pm Inst: BS Independence-North FCMHC</p> <p><b>Incredible Years: Toddlers (5of13)</b> 10-11 am Inst: AK Coffeyville FCMHC</p> <p><b>Teaching Your Kids About Digital Footprints</b> 2-3 pm Inst: BS Independence-North FCMHC</p> <p><b>When Kids Drain Your Energy</b> 1-2 pm Inst: AK Coffeyville FCMHC</p>		<p align="center"><b>Pre-Registration is necessary. Deadline is the day before class.</b></p> <p align="center"><b>To register, call 620-331-3480 or 620-251-8180</b></p>	

FOUR COUNTY MENTAL HEALTH CENTER  
FREE PARENTING CLASSES IN MONTGOMERY, WILSON, COWLEY, ELK & CHAUTAUQUA COUNTIES  
JANUARY 2023  
[www.fourcounty.com](http://www.fourcounty.com)

## Virtual options available!

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

**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  
3354 Hwy 160

### **Fredonia:**

Four County Mental Health Center  
437 N. 6<sup>th</sup>

### **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>

### **Cowley**

Four County Mental Health Center  
22214 D Street Strother Field  
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.**