




FOUR COUNTY MENTAL HEALTH CENTER
 FREE PARENTING CLASSES IN MONTGOMERY, WILSON, COWLEY, ELK & CHAUTAUQUA COUNTIES
FEBRUARY 2023
www.fourcounty.com

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Manners that Parents Should Teach their Kids 11:30-12:30 pm Inst: BS Independence FCMHC-North</p> <p>Adults Supporting Youth w/Challenging Pasts (1 of 3) 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>Painless Parenting for the Preschool Years (1 of 2) 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>2 Incredible Years: Toddlers 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Depression in Teens 2-3 pm Inst: BS Neodesha- FCMHC</p> <p>Parenting the Love and Logic Way 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>3</p> <p>NO CLASSES</p> 
<p>6 Avoiding Parental Burnout 10-11 am Inst: BS Independence FCMHC-North</p> <p>Adolescent Changes 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Words to Never Say to Kids 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Essential Life Skills to Teach Your Kids 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>7 Discipline Makes the Difference 10-11 am Inst: BS Independence FCMHC-North</p> <p>Sibling Rivalry 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Teaching Your Child How to Get Mad 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Being the Best Father You Can Be 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>8 Parenting to Prevent Substance Abuse 10-11 am Inst: BS Independence FCMHC-North</p> <p>Adults Challenging Youth w/Challenging Pasts (2 of 3) 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>All About Baby (2 of 2) 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Painless Parenting for the Preschool Years (2 of 2) 2-4 pm Inst: AK Coffeyville FCMHC</p>	<p>9 Parenting Behaviors that Harm your Kids 10-11 am Inst: BS Fredonia FCMHC</p> <p>Incredible Years: Toddlers 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Helping Kids Manage Stress 2-3 pm Inst: BS Fredonia FCMHC</p> <p>Parenting the Love and Logic Way 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>10</p> <p>NO CLASSES</p> 



**Pre-Registration is necessary.
 Deadline is the day before class.**

To register, call 620-331-3480 or 620-251-8180

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<p>13</p> <p>Dealing with Meltdowns 10-11 am Inst: BS Independence FCMHC-North</p> <p>Simple Parenting Strategies for Raising Great Kids in Complicated Times 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting Through Addiction 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Building Your Child's Self-Esteem 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>14</p> <p>Understanding Teen Development 10-11 am Inst: BS Neodesha FCMHC</p> <p>Four Steps to Responsibility 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Forgotten Baby Syndrome 2-3 pm Inst: BS Neodesha FCMHC</p> <p>Teaching Kids Home Alone Skills 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>15</p> <p>Prenatal Health and Nutrition 10-11 am Inst: BS Independence FCMHC-North</p> <p>Adults Supporting Youth w/Challenging Pasts (3 of 3) 10-2 pm Inst: AK Coffeyville FCMHC</p> <p>Helping Your Child w/Negative Thoughts 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Building Strong Families 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>16</p> <p>Helping Kids Cope w/Grief 10-11 am Inst: BS Cowley- FCMHC</p> <p>Incredible Years: Toddlers 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Learn Their Language: Effective Communication w/Teens 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p style="text-align: center;">NO CLASSES</p> 
<p>20</p> <p>Preventing Power Struggles 10-11 am Inst: BS Independence FCMHC-North</p> <p>Love Me Enough to Set Some Limits 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Becoming Brain Smart (1 of 3) 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Helping Parents Raise Resilient Kids 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>21</p> <p>Mindful Parenting 10-11 am Inst: BS Independence FCMHC-North</p> <p>Parenting Doesn't Have to be Rocket Science 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>Parenting Kids w/Oppositional Defiant Disorder 2-3 pm Inst: BS Independence FCMHC-North</p> <p>The Effects of Substance Abuse on the Family 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>22</p> <p>Simple Parenting: Avoiding Toxic Relationships 10-11 am Inst: BS Fredonia FCMHC</p> <p>Helicopters, Drill Sergeants and Consultants 10-12 pm Inst: AK Coffeyville FCMHC</p> <p>The Happiest Toddler on the Block 2-3 pm Inst: BS Fredonia FCMHC</p> <p>Repairing Bonds Broken by Addiction 2-3 pm Inst: AK Coffeyville FCMHC</p>	<p>23</p> <p>Incredible Years: Toddlers 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Raising Kids Drug Free 2-3 pm Inst: BS Neodesha FCMHC</p> <p>Helping Kids Cope w/Grief 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p style="text-align: center;">NO CLASSES</p> 

Virtual options available!

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

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<p>27 Becoming Brain Smart (2 of 3) 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Parent Education Support Group 1-2 pm Inst: AK Coffeyville FCMHC</p>	<p>28 Parenting to Prevent Emotional Abuse 10-11 am Inst: BS Independence FCMHC-North</p> <p>Secrets of Step Parenting 10-11 am Inst: AK Coffeyville FCMHC</p> <p>Becoming Brain Smart (3 of 3) 2-3 pm Inst: BS Independence FCMHC-North</p> <p>Toddlers and Development of Self 1-2 pm Inst: AK Coffeyville FCMHC</p>			<p style="text-align: center;">Pre-Registration is necessary. Deadline is the day before class.</p> <p style="text-align: center;">To register, call 620-331-3480 or 620-251-8180</p>
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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

Independence:

Four County Mental Health Center
3354 Hwy 160

Fredonia:

Four County Mental Health Center
437 N. 6th

Coffeyville

Four County Mental Health Center
1601 W. 4th St.

Neodesha:

Four County Mental Health Center
101 S. 8th

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.

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