



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




October

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 How to Respond When your Teen Gets Violent 10-11 am Independence</p> <p>Connected Parenting 1-2 pm Independence</p>	<p>3 When your Child is Being Targeted by a Bully 10-11 am Coffeyville</p> <p>Understanding Teen Development 1-2 pm Coffeyville</p>	<p>4 Emotional Intelligence for Parents 10-11 am Coffeyville</p> <p>Healing the Invisible Wounds: Kids Exposed to Violence 1-2 pm Coffeyville</p>	<p>5 Establishing Sleep Routines for Toddlers 12-1 pm Independence</p>	<p>6 Anger Control for Kids with Autism 10-11 am Neodesha</p>
<p>9 Strengthening Parenting through Family Relationships 10-11 am Independence</p> <p>Words to Never Say to your Kids 1-2 pm Independence</p>	<p>10 Teen Dating Violence 10-11 am Coffeyville</p> <p>Parent Education Support Group 1-2 pm Coffeyville</p>	<p>11 Hormones and Wheels: Love & Logic (1 of 3) 10-11 am Independence</p> <p>Building a Great Relationship with your Child 1-2 pm Independence</p>	<p>12 1-2-3 Magic 10-12 pm Cowley</p>	<p>13 How to Raise Kids who Make Responsible Decisions When Nobody is Watching 10-12 pm Neodesha</p>
<p>16 Simple Parenting Strategies for Raising Great Kids in Complicated Times 10-12 pm Independence</p> <p>Parent Education Support Group 2-3 pm Independence</p>	<p>17 NO CLASSES</p>	<p>18 NO CLASSES</p>	<p>19 NO CLASSES</p>	<p>20 NO CLASSES</p>



Pre-Registration is necessary. Deadline is the day before class. To register, call 620-332-5135

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<p>23 Helping Kids Cope with Grief 11-12 pm Independence</p>	<p>24 Didn't I Tell you to Take out the Trash 10-12 pm Coffeyville</p> <p>Essential Life Skills to Teach your Kids 2-3 pm Coffeyville</p>	<p>25 Hormones and Wheels: Love & Logic (2 of 3) 10-11 am Independence</p> <p>Understanding Self-Harm Behaviors in Kids and Adolescents 1-2 pm Independence</p>	<p>26 Success with Underachievers 11-12 pm Neodesha</p>	<p>27 NO CLASSES</p>
<p>30 Hormones and Wheels: Love & Logic (2 of 3) 10-11 am Independence</p> <p>Words to Never Say to your Kids 1-2 pm Independence</p>	<p>31 Parenting Through Tough Times: Coping with Depression 10-12 pm Coffeyville</p> <p>Repairing Bonds Broken by Addiction 2-3 pm Coffeyville</p>			

Virtual options available!

For more information, email

Sarah Coder at scoder@fourcounty.com



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Instructors: 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

Coffeyville

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

Independence:

Four County Mental Health Center
3354 Hwy 160

Neodesha:

Four County Mental Health Center
101 S. 8th

Fredonia:

Four County Mental Health Center
437 N. 6th

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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