



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





November

Monday	Tuesday	Wednesday	Thursday	Friday
		<p>1 Early Childhood Parenting Made Fun (1 of 5) 10-12 pm Independence-North</p> <p>Helping Kids Cope in a Traumatic Event 1-2 pm Independence North</p> <p>Social/Emotional Learning in the Home 3-4 pm Independence North</p>	<p>2 1-2-3 Magic Ages 2-12 11-1 pm Neodesha</p>	<p>3 How to Discipline Kids without Losing Their Love & Respect 10-12 pm Coffeyville</p>
<p>6 Early Childhood Made Fun (2 of 5) 10-12 pm Independence-North</p> <p>Helping Kids Cope w/Painful Feelings 1-2 pm Independence-North</p> <p>When Kids Drain Your Energy 3-4 pm Independence-North</p>	<p>7 Active Parenting for Step-Families (1 of 6) 10-12 pm Coffeyville</p> <p>Calming Kids in Crisis 1-2 pm Coffeyville</p> <p>Trouble Free Teens 3-4 pm Coffeyville</p>	<p>8 Early Childhood Made Fun (3 of 5) 10-12 pm Independence-North</p> <p>Talking to Kids About Suicide 1-2 pm Independence-North</p> <p>Instilling Gratefulness in Your Kids 3-4 pm Independence-North</p>	<p>9 Active Parenting for Step-Families (2 of 6) 11-1 pm Coffeyville</p> <p>Love Me Enough to Set Some Limits 2-3 pm Coffeyville</p>	<p>10 Real World Parenting Solutions 10-12 pm Neodesha</p>
<p>13 Early Childhood Made Fun (4 of 5) 10-12 pm Independence-North</p> <p>Parent Education Support Group 1-2 pm Independence-North</p> <p>Why Can't We Get Along: Managing Teen/Parent Conflict 3-4 pm Independence-North</p>	<p>14 Active Parenting for Step-Families (3 of 6) 10-12 pm Coffeyville</p> <p>Parent Education Support Group 1-2 pm Coffeyville</p> <p>Toddlers: Your Game Plan for the Terrific Twos 3-4 pm Coffeyville</p>	<p>15 Early Childhood Made Fun (4 of 5) 10-12 pm Independence-North</p> <p>Healing the Invisible Wounds: Children Exposed to Violence 1-2 pm Independence-North</p> <p>Understanding & Helping Your Child Through Separation Anxiety 3-4 pm Independence-North</p>	<p>16 Who Says Parenting Can't Be Fun 10-12 pm Cowley</p>	<p>17 Sibling Rivalry 10-12 pm Neodesha</p>

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

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<p>20 Active Parenting the First Five Years (1 of 4) 10-12 pm Independence-North</p> <p>Building Your Child's Self Esteem 1-2 pm Independence-North</p> <p>Responsive Discipline 3-4 pm Independence-North</p>	<p>21 Active Parenting for Step-Families (4 of 6) 10-12 pm Coffeyville</p> <p>Vaping: What Parenting Need to Know 1-2 pm Coffeyville</p> <p>Calming the Chaos 3-4 pm Coffeyville</p>	<p>22 Active Parenting the First Five Years (2 of 4) 10-12 pm Independence-North</p> <p>Raising Responsible Kids 1-2 pm Independence-North</p> <p>Neglect Matters: A Guide for Parents 3-4 pm Independence-North</p>	<p>23</p> 	<p>24</p>
<p>27 Active Parenting the First Five Years (3 of 4) 10-12 pm Independence-North</p> <p>Improving Cognitive Development in Early Childhood 1-2 pm Independence-North</p> <p>Dealing w/Big Feelings: Helping Kids Self-Regulate 3-4 pm Independence-North</p>	<p>28 Active Parenting for Step-Families (5 of 6) 10-12 pm Coffeyville</p> <p>Discipline Strategies for Kids w/ADHD 1-2 pm Coffeyville</p> <p>Emotional Coping Strategies for Parents 3-4 pm Coffeyville</p>	<p>29 Active Parenting the First Five Years (4 of 4) 10-12 pm Independence-North</p> <p>Parenting Doesn't Have to be Rocket Science 1-3 pm Independence-North</p>	<p>30 Active Parenting for Step-Families (6 of 6) 9-11 am 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

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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