




# January



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 NO CLASSES</p> 	<p>2 Active Parenting of Teens (1 of 6) 10-12 pm Indy-North</p> <p>Calming Kids in Crisis 1-2 pm Indy-North</p> <p>Trouble Free Teens 3-4 pm Indy-North</p>	<p>3 Early Childhood Parenting Made Fun (1 of 5) 10-12 pm Coffeyville</p> <p>Helping Kids Cope in a Traumatic Event 1-2 pm Coffeyville</p> <p>Social Emotional Learning in the Home 3-4 pm Coffeyville</p>	<p>4 Active Parenting of Teens (2 of 6) 11-1 pm Indy-North</p> <p>Love Me Enough to Set Some Limits 3-4 pm Indy-North</p>	<p>5 How to Discipline Kids Without Losing Their Love and Respect 10-12 pm Cowley</p>
<p>8 Early Childhood Parenting Made Fun (2 of 5) 10-12 pm Coffeyville</p> <p>Helping Kids Cope w/Painful Feelings 1-2 pm Coffeyville</p> <p>When Kids Drain You're Energy 3-4 pm Coffeyville</p>	<p>9 Active Parenting of Teens (3 of 6) 10-12 pm Indy-North</p> <p>Parent Education Support Group 1-2 pm Indy-North</p> <p>Toddlers: Your Game Plan for the Terrific Twos 3-4 pm Indy-North</p>	<p>10 Early Childhood Parenting Made Fun (3 of 5) 10-12 pm Coffeyville</p> <p>Talking to Kids About Suicide 1-2 pm Coffeyville</p> <p>Instilling Gratefulness in Your Kids 3-4 pm Coffeyville</p>	<p>11 Active Parenting of Teens (4 of 6) 11-1 pm Indy-North</p> <p>Vaping: What Parents Need to Know 3-4 pm Indy-North</p>	<p>12 Sibling Rivalry 10-12 pm Cowley</p>
<p>15 NO CLASSES</p> 	<p>16 Active Parenting of Teens (5 of 6) 10-12 pm Indy-North</p> <p>Calming the Chaos 1-2 pm Indy-North</p> <p>Understanding Self-Harming Behaviors in Teens and Adolescents 3-4 pm Indy-North</p>	<p>17 Early Childhood Parenting Made Fun (4 of 5) 10-12 pm Coffeyville</p> <p>Parent Education Support Group 1-2 pm Coffeyville</p> <p>Why Can't We Get Along: Managing Teen/Parent Conflict 3-4 pm Coffeyville</p>	<p>18 1-2-3 Magic (Ages 2-12) 10-12 pm Cowley</p>	<p>19 Real World Parenting Solutions 10-12 pm Neodesha</p>

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

FOUR COUNTY MENTAL HEALTH CENTER

<p><b>22</b>  <b>Early Childhood Parenting Made Fun (5 of 5)</b>                  10-12 pm Coffeyville</p> <p><b>Healing the Invisible Wounds: Children Exposed to Violence</b>                  1-2 pm Coffeyville</p> <p><b>Understanding and Helping Your Child Through Separation Anxiety</b>                  3-4 pm Coffeyville</p>	<p><b>23</b>  <b>Active Parenting of Teens (6 of 6)</b>                  10-12 pm Indy-North</p> <p><b>Discipline Strategies for Kids w/ADHD</b>                  1-2 pm Indy-North</p> <p><b>Emotional Coping Strategies for Parents</b> 3-4 pm Indy-North</p>	<p><b>24</b>  <b>Active Parenting The First Five Years (1 of 4)</b>                  10-12 pm Coffeyville</p> <p><b>Building Your Child's Self-Esteem</b>                  1-2 pm Coffeyville</p> <p><b>Responsive Discipline</b>                  3-4 pm Coffeyville</p>	<p><b>25</b>  <b>Raising Responsible Kids</b>                  10-11 am Indy-North</p> <p><b>Neglect Matters: A Guide for Parents</b> 3-4 pm Neodesha</p>	<p><b>26</b>  <b>Active Parenting The First Five Years (2 of 4)</b>                  10-12 pm Coffeyville</p>
<p><b>29</b>  <b>Active Parenting The First Five Years (3 of 4)</b>                  10-12 pm Coffeyville</p> <p><b>Improving Cognitive Development in Early Childhood</b>                  1-2 pm Coffeyville</p> <p><b>Dealing w/Big Feelings: Helping Kids Self-Regulate</b>                  3-4 pm Coffeyville</p>	<p><b>30</b>  <b>Who Says Parenting Can't be Fun</b>                  10-12 pm Indy-North</p> <p><b>Depression in Teens: Recognizing the Signs and Helping them Through It</b>                  1-2 pm Indy-North</p> <p><b>Repairing Bonds Broken by Addiction</b> 3-4 pm Indy-North</p>	<p><b>31</b>  <b>Active Parenting The First Five Years (4 of 4)</b>                  9-11 am Coffeyville</p> <p><b>Parenting Doesn't Have to be Rocket Science</b>                  12-2 pm Coffeyville</p> <p><b>How to Respond When Your Child is Violent</b>                  3-4 pm Coffeyville</p>		



**Virtual options available!**

**For more information, email**  
**Sarah Coder at [scoder@fourcounty.com](mailto:scoder@fourcounty.com)**



FOUR COUNTY MENTAL HEALTH CENTER

**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. 4<sup>th</sup> St.

**Independence:**

Four County Mental Health Center  
3354 Hwy 160

**Neodesha:**

Four County Mental Health Center  
101 S. 8<sup>th</sup>

**Fredonia:**

Four County Mental Health Center  
437 N. 6<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.**

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