



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



JUNE

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3 Active Parenting of Teens (1 of 6) 9-11 am Indy-North</p> <p>Building a Great Relationship w/Your Child 12-1 pm Indy-North</p> <p>A Guide for Co-Parenting 3-4 pm Indy-North</p>	<p>4 Early Childhood Parenting Made Fun (1 of 5) 9-11 am Cville</p> <p>Active Parenting the First Five Years (1 of 4) 12-2 pm Cville</p> <p>Healing the Invisible Wounds: Children Exposed to Violence 3-4 pm Cville</p>	<p>5 Active Parenting of Teens (2 of 6) 9-11 am Indy-North</p> <p>Building Your Child's Self-Esteem 12-1 pm Indy-North</p> <p>Effective Communication in the Family 3-4 pm Indy-North</p>	<p>6 Early Childhood Parenting Made Fun (2 of 5) 11-1 pm Cville</p> <p>Active Parenting the First Five Years (2 of 4) 2-4 pm Cville</p>	<p>7 1-2-3 Magic: Managing Difficult Behavior in Kids 10-12 pm Sedan</p>
<p>10 Active Parenting of Teens (3 of 6) 9-11 am Indy-North</p> <p>Establishing Sleep Routines for Toddlers 12-1 pm Indy-North</p> <p>Depression in Teens: Recognizing the Signs 3-4 pm Indy-North</p>	<p>11 Early Childhood Parenting Made Fun (3 of 5) 9-11 am Cville</p> <p>Active Parenting the First Five Years (3 of 4) 12-2 pm Cville</p> <p>Helping Parents Raise Resilient Kids/Teens 3-4 pm Cville</p>	<p>12 Active Parenting of Teens (4 of 6) 9-11 am Indy-North</p> <p>Parent Education Support Group 12-1 pm Indy-North</p> <p>Improving Cognitive Development in Early Childhood 3-4 pm Indy-North</p>	<p>13 Toddlers: Your Game Plan for the Terrific Twos 10-11 am Cowley</p>	<p>14 Helping Your Child Learn to Read 10-11 am Neodesha</p>
<p>17 Active Parenting of Teens (5 of 6) 9-11 am Indy-North</p> <p>Great Beginnings w/Your Preschooler 12-1 pm Indy-North</p> <p>Helping Your Child Find Their Identity 3-4 pm Indy-North</p>	<p>18 Early Childhood Parenting Made Fun (4 of 5) 9-11 am Cville</p> <p>Active Parenting the First Five Years (4 of 4) 12-2 pm Cville</p> <p>Grandparents Raising Grandchildren 3-4 pm Cville</p>	<p>19 Active Parenting of Teens (6 of 6) 9-11 am Indy-North</p> <p>Parenting Doesn't Have to be Rocket Science 12-2 pm Indy-North</p> <p>Navigating the Tween Years (Ages 10-14) 3-4 pm Indy-North</p>	<p>20 Early Childhood Parenting Made Fun (5 of 5) 9-11 am Cville</p> <p>Get in the Feels: Understanding Your Baby's Feelings 12-1 pm Cville</p> <p>Parent Education Support Group 3-4 pm Cville</p>	<p>21 Helicopters, Drill Sergeants and Consultants: Parenting Styles and the Messages They Send 10-12 pm Sedan</p>

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

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<p>24 Parenting Through Tough Times 10-11 am Indy-North</p> <p>The Eight Principles of Attachment Parenting (1 of 2) 12-1 pm Indy-North</p> <p>Love Me Enough to Set Some Limits 2-4 pm Indy-North</p>	<p>25 Success w/Underachievers: Creating Self-Motivated Learners 10-12 pm Cville</p> <p>Hormones and Wheels: Survival Guide for Teens (1 of 2) 1-2 pm Cville</p> <p>Dealing w/Big Feelings: Helping Kids Self-Regulate 3-4 pm Cville</p>	<p>26 Maintaining Healthy “Can Do” Expectations 9-11 am Indy-North</p> <p>The Eight Principles of Attachment Parenting (2 of 2) 12-1 pm Indy-North</p> <p>Avoiding Power Struggles w/Kids 2-4 pm Indy-North</p>	<p>27 Hormones and Wheels: Survival Guide for Teens (2 of 2) 12-1 pm Cville</p> <p>Brain Based Strategies to Deal w/Stress and Anxiety 3-4 pm Cville</p>	<p>28 Words to Never Say to Your Kids 10-11 am Cowley</p>
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Virtual options available!
For more information, email
Sarah Coder at scoder@fourcounty.com



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.

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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

Sedan

Four County Mental Health Center
221 W Main St

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.

Partially funded by Kansas Children's Cabinet and Trust Fund.

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