



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



JULY

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Active Parenting of Stepfamilies (1 of 6) 10-12 pm Indy-North</p> <p>Helping Kids Cope w/Painful Feelings 1-2 pm Indy-North</p> <p>Helping Your Kids w/Negative Thoughts 3-4 pm Indy-North</p>	<p>2 Parenting the Love and Logic Way (1 of 6) 10-12 pm Cville</p> <p>Understanding and Helping Your Child Through Separation Anxiety 1-2 pm Cville</p> <p>Calming Children in Crisis 3-4 pm Cville</p>	<p>3 Active Parenting of Stepfamilies (2 of 6) 10-12 pm Indy-North</p> <p>Painless Parenting for the Preschool Years (1 of 2) 1-2 pm Indy-North</p> <p>Toddlers and the Development of Self 3-4 pm Indy-North</p>	<p>4</p> 	<p>5 Parenting Kids w/Oppositional Defiant Disorder 10-11 am Sedan</p> <p>Healing the Invisible Wounds: Children Exposed to Violence 12-1 pm Sedan</p>
<p>8 Active Parenting of Stepfamilies (3 of 6) 10-12 pm Indy-North</p> <p>Painless Parenting for the Preschool Years (2 of 2) 1-2 pm Indy-North</p> <p>Parent Education Support Group 3-4 pm Indy-North</p>	<p>9 Parenting the Love and Logic Way (2 of 6) 10-12 pm Cville</p> <p>Understanding Teen Development 1-2 pm Cville</p> <p>Teen Dating Violence 3-4 pm Cville</p>	<p>10 Active Parenting of Stepfamilies (4 of 6) 10-12 pm Indy-North</p> <p>When Kids Drain Your Energy 1-2 pm Indy-North</p> <p>Responsive Discipline 3-4 pm Indy-North</p>	<p>11 Parenting the Love and Logic Way (3 of 6) 12-2 pm Cville</p> <p>How to Respond When Your Teen Gets Violent 3-4 pm Cville</p>	<p>12 Who Says Parenting Can't be Fun? 9-11 am Sedan</p> <p>1-2-3 Magic: Managing Difficult Behaviors in Kids 12-2 pm Sedan</p>
<p>15 Active Parenting of Stepfamilies (5 of 6) 10-12 pm Indy-North</p> <p>Single Parenting: Dealing w/Toxic Relationships 1-2 pm Indy-North</p> <p>Helping Kids Cope w/Grief 3-4 pm Indy-North</p>	<p>16 Parenting the Love and Logic Way (4 of 6) 10-12 pm Cville</p> <p>Parent Education Support Group 1-2 pm Cville</p> <p>Why Can't We Get Along? Parent/Teen Conflict 3-4 pm Cville</p>	<p>17 Active Parenting of Stepfamilies (6 of 6) 10-12 pm Indy-North</p> <p>Instilling Gratitude in Your Kids 1-2 pm Indy-North</p> <p>Caring for Kids After Trauma 3-4 pm Indy-North</p>	<p>18 Parenting the Love and Logic Way (5 of 6) 12-2 pm Cville</p> <p>Raising Drug Free Kids 3-4 pm Cville</p>	<p>19 Real World Parenting Solutions 10-12 pm Cowley</p> <p>Parenting Doesn't Have to be Rocket Science 1-3 pm Cowley</p>

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

<p>22 Adults Supporting Your w/Challenging Pasts (1 of 6) 9-11 am Indy-North</p> <p>Active Parenting the First Five Years (1 of 4) 12-2 pm Indy-North</p> <p>Stress Management for Parents 3-4 pm Indy-North</p>	<p>23 Parenting the Love and Logic Way (6 of 6) 10-12 pm Cville</p> <p>Building Your Child's Self Esteem 1-2 pm Cville</p> <p>Emotional Coping Strategies for Parents 3-4 pm Cville</p>	<p>24 Adults Supporting Your w/Challenging Pasts (2 of 6) 9-11 am Indy-North</p> <p>Active Parenting the First Five Years (2 of 4) 12-2 pm Indy-North</p> <p>The Importance of Self-Care for Parents 3-4 pm Indy-North</p>	<p>25 How to Raise Kids Who Make Responsible Decisions When Nobody is Looking 9-11 am Neodesha</p> <p>Trouble Free Teens 3-4 pm Neodesha</p>	<p>26 How to Discipline Kids w/out Losing Their Love and Respect 10-12 pm Cowley</p>
<p>29 Adults Supporting Your w/Challenging Pasts (3 of 6) 9-11 am Indy-North</p> <p>Active Parenting the First Five Years (3 of 4) 12-2 pm Indy-North</p> <p>The Effects of Substance Abuse on the Family 3-4 pm Indy-North</p>	<p>30 Simple Parenting Strategies for Raising Great Kids in Complicated Times 10-12 pm Coffeyville</p> <p>Understanding Self-Harm Behavior in Adolescents 1-2 pm Coffeyville</p> <p>Childhood Trauma: How to Help Your Child Through It 3-4 pm Coffeyville</p>	<p>31 Adults Supporting Your w/Challenging Pasts (4 of 6) 8-10 am Indy-North</p> <p>Active Parenting the First Five Years (4 of 4) 11-1 pm Indy-North</p> <p>Sibling Rivalry 2-4 pm Indy-North</p>	<p>Pre-Registration is necessary. Deadline is the day before class. To register, call 620-332-5135.</p>	



Virtual options available!

For more information, email

Sarah Coder at scoder@fourcounty.com



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

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

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.

Please help us share this information by publishing this in your newsletter, bulletin, or post on bulletin boards.