JORDAN FAMILY EDUCATION CENTER

319 WEST 11000 SOUTH – SOUTH JORDAN, UTAH 84095 – PHONE (801) 565-7442 FAX (801) 565-7189

ANTHONY GODFREY, Ed.D.
Superintendent of Schools

FULVIA FRANCO, Ph.D.
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August 5, 2019

To whom it may concern:

The Jordan Family Education Center is offering a seminar for parents entitled *Youth Protection: A seminar for parents addressing bullying, internet safety, child sexual abuse, substance use and abuse and suicide prevention.* This seminar will be held on Tuesday evening, October 29, 2019, and Wednesday evening, November 13, 2019, from 7:00 – 9:00 pm.

Parents who would like to attend the seminar can call the Jordan Family Education Center at 801-565-7442 to register. Flyers for this seminar and the FALL Quarter 2019 class list have been enclosed. There is no cost to participate in any class.

The Center also offers Suicide Prevention Training for Educators. This fulfills half of the USOE requirements for re-licensure. Teachers can register for this class by calling 801-567-8378 for assistance with the JPLS site.

Thank you,

Jordan Family Education Center

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JORDAN SCHOOL DISTRICT

Patrice A, Johnson, Ed.D.
Superintendent of Schools

Jordan Family Education Center

River's Edge School

319 West 11000 South, South Jordan, Utah 84095 – Phone 801-565-7442

CLASS DESCRIPTIONS FALL 2019

CLASSES BEGIN THE WEEK OF SEPTEMBER 9, 2019

CLASSES THAT RUN WEEKLY THROUGHOUT THE TRADITIONAL SCHOOL YEAR:

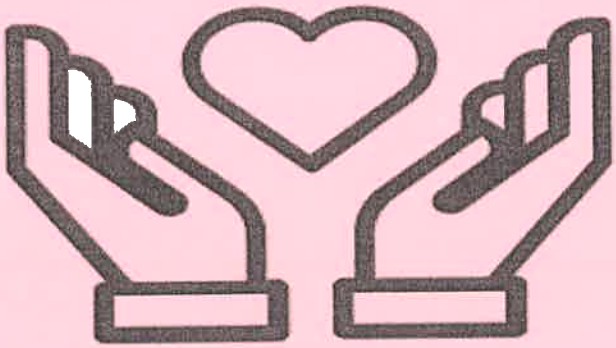
- **Middle School Anger Management . . . . . (grades 7-9) . . . . . Wednesdays (4 weeks)**
- **Elementary Anger Management . . . . . (grades 3-6) . . . . . Thursdays (3 weeks)**
- **Truancy School for Students . . . . . Thursdays (3 weeks)**
  A class for students and parents that addresses attendance, identifying influences and consequences of behavior, goal setting, and communication skills. Call to register.
- **Tobacco E.N.D. (Ending Nicotine Dependence) for students . . . . . Wednesdays (4 weeks)**
  E.N.D. is a tobacco cessation program that builds skills and knowledge concerning tobacco use, and focuses on developing a wide variety of social skills, including: communication, stress management, decision making, goal setting, nutrition and physical activity.

TUESDAY CLASSES

1. **Blues Busters (elementary): A class for children who are sad or worried.** (grades 3-6)
   This class teaches coping strategies to help children deal more successfully with depression and anxiety.
2. **Blues Busters (secondary): A class for adolescents who are sad or worried.** (grades 7-12)
   This class teaches coping strategies to help teenagers deal more successfully with depression and anxiety.
3. **Blues Busters (Parents): Skills for parents of children who are sad or worried.** (parent group)
   This class helps parents understand the symptoms of anxiety and depression in children, and their various treatment methods. Parents will also learn how to help children dealing with these issues cope with daily activities, build self-esteem, and relate to other children.
4. **Calming the Storm Within: Anger management for adults**
   This class is designed to teach alternatives to "losing your cool" so that anger can be used to resolve, rather than intensify conflict situations
5. **Caught in the Crossfire: A group for children dealing with divorce** (grades 2-6)
   This support group helps children develop an understanding of the emotions related to divorce.
6. **Effective Parent Training: How to get your children to do what you want them to do**
   This class provides a step-by-step approach to changing children's behavior in a positive way
7. **Just Breathe – Teens learning to live mindfully with stress and drama** (grades 7-12)
   This class teaches essential mindfulness skills that can lead to more efficient coping with difficult situations, as well as decreased stress and anxiety.
8. **Question, Persuade, Refer: Tools for supporting individuals who are at risk of suicide**
   (adults only) (one night only)
   QPR is a one-night training designed to give individuals the tools they need to recognize warning signs of suicide as well as questioning, persuading and referring individuals in crisis.
9. **Youth Protection: A seminar for parents addressing bullying, Internet safety, child sexual abuse, substance use and abuse, and suicide prevention** (adults only) (one night only)
   Parents will learn about bullying; internet safety; child sexual abuse; substance use and abuse; and causes, myths and symptoms of suicide among children and adolescents

WEDNESDAY CLASSES

10. **Surviving the Death of a loved One: A monthly grief support group for adults** (adults only)
11. **High School Anger Management** (grades 10-12) (4 weeks)



Surviving the death of a loved one:
a monthly support group for adults

FALL Support Group Dates:

Wednesday, October 2, 2019
Wednesday, November 6, 2019
Wednesday, December 4, 2019

Please contact Jordan Family Education Center to register

801-565-7442

Jordan Family Education Center
located at River's Edge School
319 West 11000 South
South Jordan, UT 84095

Jordan Family Education Center is a Jordan School District program

Youth Protection:

A seminar for parents addressing bullying, internet safety, child sexual abuse, substance use, and suicide prevention

Parents will learn about bullying; internet safety; child sexual abuse; substance use and abuse; and causes, myths and symptoms of suicide among children and adolescents

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Attend a 2-hour session offered on the following dates:

TUESDAY, OCTOBER 29, 2019

WEDNESDAY, NOVEMBER 13, 2019

Register now by calling:
Jordan Family Education Center
801-565-7442

JORDAN FAMILY EDUCATION CENTER
Lift Your Child

Jordan Family Education Center
Located in River's Edge School
319 West 11000 South
South Jordan, UT 84095

Jordan Family Education Center is a Jordan School District program

QPR
Suicide Prevention

Question Persuade Refer

Tools for supporting individuals who are at risk of suicide

QPR is a one-night training designed to give individuals the tools they need to recognize warning signs of suicide as well as questioning, persuading and referring individuals in crisis. QPR is a brief mental health crisis intervention training for any adult; no prior training or mental health expertise is required. All attendees will receive a QPR certificate and QPR booklet.

TRAINING DATES (7:00 – 9:00 pm):
Tuesday, September 17, 2019
Tuesday, October 15, 2019
Tuesday, November 19, 2019
Tuesday, December 17, 2019

Please contact Jordan Family Education Center to register

801-565-7442

Jordan Family Education Center
Located at River's Edge School
319 West 11000 South
South Jordan, UT 84095

JORDAN FAMILY EDUCATION CENTER
Lift Your Child

Jordan Family Education Center is a Jordan School District program

Anthony Godfrey, Ed.D., Superintendent of Schools • Fulvia Franco, Ph.D., Program Specialist-Guidance, JFEC Coordinator

JORDAN FAMILY EDUCATION CENTER

Located in River's Edge School • 319 West 11000 South • South Jordan Utah 84095

All classes, unless otherwise specified, are held for six weeks, from 7:00 - 9:00 p.m.

FALL QUARTER 2019 starts the week of September 9, 2019 (the Center will be closed Sep. 25; Oct. 21 – 25, Oct. 31; Nov. 27 - 29, 2019)

TUESDAY

Classes:

1. **Blues Busters (Elementary): A class for children who are sad or worried** (Grades 3-6)
   Preston Tenney; Kristi Robson; Tida Blackburn
2. **Blues Busters (Secondary): A class for adolescents who are sad or worried** (Grades 7-12)
   Sara Susov
3. **Blues Busters (Parents): Skills for parents of children who are sad or worried**
   Casey Pehrson
4. **Calming the Storm Within: Anger management for adults**
   Clinton Thurgood; Donna Salmen, Ph.D.
5. **Caught in the Crossfire: A class for children dealing with divorce (Grades 2-6)**
   Tarryn Roberts; Amy Dyreng
6. **Effective Parent Training: How to get your children to do what you want them to do**
   Taryn Nicksic-Springer, Ph.D., BCBA; Kiersten Cole
7. **Just Breathe: Teens learning to live mindfully with stress and drama (Grades 7-12)**
   Jessica Sylvan, Angie Mar Velez
8. **QPR: (Question, Persuade, Refer) Tools for supporting individuals at risk of suicide**
   Dates: Sep. 17, Oct. 15, Nov. 19, Dec. 17, 2019
   (one night only) (Adults only)
   Mike Wilkey, Derek Bennett
9. **Youth Protection: A guide for parents addressing bullying, internet safety, child sexual abuse, substance use and abuse, and suicide prevention**
   One night only: Oct. 29, 2019 (Adults only)
   Cindy Watkins; Steve Cherry

WEDNESDAY

Support Group:

10. **Surviving the Death of a Loved One: A monthly grief support group for adults (Adults Only)**
    Dates: Oct. 2; Nov. 6; Dec. 4
    Karen Johnson

Classes:

11. **High School Anger Management (4 weeks)**
    Sara Susov
12. **Building a Lifeline for your Teens (Parent Group)**
    Cindy Watkins
13. **Making and Keeping Friends (Children's Group) (Grades 2-6)**
    Aubree James; Amber Jones
14. **Mind Shift: Managing your anxiety instead of it managing you (Grades 7 – 12)**
    Valerie Ashley, Julie Walker, Rachel Trayner
15. **Parents Helping Children Make and Keep Friends (Parent Group)**
    Andy Baggs, John Blodgett
16. **Positive Parenting Practices: For your child with Attention Deficit/Hyperactivity Disorder (A.D.H.D.) (9 weeks)**
    Kevin Damron, John Simpson
17. **Youth Protection: A guide for parents addressing bullying, internet safety, child sexual abuse, substance use and abuse, and suicide prevention**
    One night only: Nov. 13 (Adults only)
    Cindy Watkins; Steve Cherry

THURSDAY

Classes:

18. **Let's Talk: A parent-teen communication class**
    Markie Harper; Jami Adams
19. **Liking the Girl in the Mirror: Self-Esteem (Grades 7-12)**
    Katherine Campbell
20. **Mindful Kids: Learning to calm our minds and bodies (Grades 3 – 6)**
    Monica Amador; Erin Thorpe
21. **Practical Parenting Solutions: Practical solutions for parenting challenging children and teens**
    Alisa Jones
22. **Super Heroes Social Skills: Social skills (Grades 1-4)**
    Arturo Ramirez
23. **Supporting your Child with Autism: A class for parents of children with Autism Spectrum Disorder**
    Lisa Stillman, Elizabeth MacDougall
24. **Timely Topics: One-session seminars for parents (Parents may attend any or all sessions)**
    - **Sept. 12, 2019: Internet Safety**
      Dustin Fullmer
    - **Sept. 19, 2019: Homework Hassles**
      Naomi Varuso
    - **Sept. 26, 2019: Co-parenting through divorce**
      Vicki Robinson
    - **Oct. 3, 2019: Depression Toolkit**
      Casey Pehrson
    - **Oct. 10, 2019: Video Gaming Addiction**
      Dustin Fullmer
    - **Oct. 17, 2019: Entrenamiento Efectivo para Padres**
      Denis Alvarez
25. **Suicide Prevention Training for Educators (Fulfills half of USOE requirement for re-licensure) (Adults only)**
    One night only: Nov. 7, 2019 *Cindy Watkins*

TO REGISTER CALL 801-565-7442

CLASSES THAT RUN WEEKLY THROUGHOUT THE TRADITIONAL SCHOOL YEAR (7:00 – 9:00 pm):

Elementary Anger Management (3 weeks) (grades 3-6) . . . . . Thursdays
Rex Prescott; Jon Stewart

Middle School Anger Management (4 weeks). . . . . Wednesdays
Romney Stevens, Ph.D.; Dennis Sisco-Taylor

Truancy School For Students (3 weeks) (Call to schedule) . . . . . Thursdays
Casey Pehrson

Tobacco E.N.D. (Ending Nicotine Dependence) program for youth (4 weeks) . . . . . Wednesdays
Dustin Fullmer, Steve Corry, Naomi Varuso, Denis Alvarez