

Jordan Family Education Center

River's Edge School

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

CLASS DESCRIPTIONS WINTER 2020



CLASSES BEGIN THE WEEK OF JANUARY 13, 2020

(the Center will be closed Jan. 21, Feb. 12, and Feb. 17, 2020)

All classes, unless otherwise noted, are held for 6 weeks from 7:00 - 9:00 pm

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 problems associated with depression and anxiety.
2. **Blues Busters (teens): A group for teens who are sad or worried.** (grades 7-12)
Teens will learn skills and strategies to deal more effectively with depression and anxiety.
3. **Blues Busters (parents): Skills for parents of children and teens who are sad or worried** (parent group)
This class helps parents understand the symptoms of anxiety and depression in children and teens, and their various treatment methods. Parents will also learn how to help their children and teens cope with daily stressors and build self-esteem. Nightly topics correspond with those taught in the Blues Busters classes for children and teens who are sad or worried.
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)
Designed for middle and high school students, this class teaches essential mindfulness skills that can lead to more effective coping with difficult situations, as well as decreased stress and anxiety. Learn to relax and unwind while building self-help skills that will last a lifetime.
8. **Question, Persuade, Refer: Tools for supporting individuals who are at risk of suicide** (adults only) (one night only) January 28, February 25, or March 24, 2020
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.
9. **Suicide Prevention for Educators** (adults only) (one night only) February 4, 2020 5:00-6:00 pm
This one-hour class fulfills half of USOE requirements for suicide prevention training for re-licensure. Educators will learn about causes, myths, and symptoms of suicide among children and adolescents. The purpose of this class is to raise awareness, sensitivity and steps to take when dealing with potentially suicidal youth. Register online on Jordan School District's JPLS website.

WEDNESDAY CLASSES

10. **Surviving the Death of a Loved One: A monthly grief support group for adults** (adults only)
January 8, February 5, and March 4, 2020
11. **High School Anger Management** (grades 10-12) (4 weeks)
12. **Making and Keeping Friends** (children's group) (grades 2-6)
Classes focus on problem solving, goal setting, and social skills. Classes are for parents and their children; parents are required to attend a separate, corresponding class (refer to class #13).

13. **Parents helping children make and keep friends** (parent's group)
Classes focus on problem solving, goal setting, and social skills. Classes are for parents and their children; refer to class #12 for the separate, corresponding children's class.
14. **Mind Shift: Managing your anxiety instead of it managing you** (grades 7-12)
This class includes interactive activities that support teens who may experience feelings of sadness, anxiety or worry.
15. **Positive Parenting Practices for the child with Attention-Deficit/Hyperactivity Disorder (A.D.H.D.)** (9 weeks)
This class is for parents whose children have been diagnosed as having Attention-Deficit/Hyperactivity Disorder (A.D.H.D.). The class will stress behavior management techniques for increasing compliance at home and school.
16. **Safeguarding our Youth: A seminar for parents addressing bullying, Internet safety, child sexual abuse, substance use and abuse, and suicide prevention** (adults only) (one night only) January 22, 2020
At this one-night seminar, 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.
17. **Timely Topics: One-night seminars for parents addressing various pertinent topics**
Parents are welcome to attend any or all of the sessions
January 15: Co-parenting through Divorce
January 22: Video Gaming Addiction
January 29: Study Skills: Supporting your teen
February 5: Life Hacks for Coping with Depression
February 19: Internet Safety for our Children

THURSDAY CLASSES

18. **Let's Talk: A parent-teen communication class** (for parents and their teenagers)
This class is designed to help parents and students communicate and strengthen relationships.
19. **Liking the Girl In the Mirror: Self-Esteem** (grades 7-12)
This fun, interactive course for girls will examine what self-esteem is, the development and factors affecting self-esteem, an examination of the consequences and symptoms of low self-esteem, the behaviors associated with the symptoms of low self-image, and methods to rebuild and maintain a good level of self-esteem throughout life.
20. **Mindful Kids: Learning to calm our minds and bodies** (grades 2-6)
Children will learn mindful breathing, attitudes and actions while participating in fun activities.
21. **Practical Parenting Solutions: Practical solutions for parenting challenging children and teens**
Parents will learn strategies for avoiding and resolving conflicts. Topics will include effective communication techniques and identification of conflict triggers and strategies. The class is recommended for parents of children between the ages of 10-16, although parents of younger and older children may also attend.
22. **Super Heroes Social Skills: Social Skills** (grades 1-4)
This class helps young children with Autism Spectrum Disorder, behavioral disorders or developmental delays enhance their social skills and navigate their world.
23. **Supporting Your Child with Autism: A class for parents of children with Autism Spectrum Disorder**
This class helps parents who have children with Autism Spectrum Disorder guide and support their child in socially adapting and successfully navigating their world.
24. **Safeguarding our Youth: A seminar for parents addressing bullying, Internet safety, child sexual abuse, substance use and abuse, and suicide prevention** (adults only) (one night only) February 20, 2020
At this one-night seminar, 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.

CLASSES THAT RUN WEEKLY THROUGHOUT THE TRADITIONAL SCHOOL YEAR:

25. **Middle School Anger Management** (grades 7-9) Wednesdays (4 weeks)
26. **Tobacco E.N.D. (Ending Nicotine Dependence)** (grades 6-12) Wednesdays (4 weeks)
E.N.D. is a tobacco cessation program designed especially for youth. This program 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.
27. **Elementary School Anger Management** (grades 3-6) Thursdays (3 weeks)