



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.

WINTER QUARTER STARTS JANUARY 14, 2020 (the Center will be closed Jan. 20, Feb. 12, Feb. 17, 2020)



TO REGISTER CALL 801-565-7442

TUESDAY

1. **Blues Busters (elementary): A class for children who are sad or worried** (grades 3-6)
Preston Tenney; Kristi Thomas; Tida Blackburn
2. **Blues Busters for Teens:** (grades 7-12)
Sara Susov; Craig Brown
3. **Blues Busters (parents): Skills for parents of children who are sad or worried**
Casey Pehrson; Kathleen Garibaldi
4. **Calming the Storm Within: Anger management for adults**
Donna Salmen, Ph.D.; Clinton Thurgood
5. **Caught in the Crossfire: A class for children dealing with divorce** (grades 2-6)
Tarryn Roberts; Amy Dyreng, Rachel Dangerfield
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**
One night only: Jan. 28, Feb. 25, March 24, 2020 (adults only)
Mike Wilkey; Derek Bennet
9. **Suicide Prevention Training for Educators**
(Fulfills one hour of USOE re-licensure requirement)
One night only: Feb. 4, 2020, 5:00-6:00 p.m.
Cindy Watkins; Becky Cramer

WEDNESDAY

10. **SUPPORT GROUP: Surviving the Death of a Loved One: A monthly grief support group** (adults only)
Dates: Jan. 8, Feb. 5, March 4, 2020
Karen Johnson
11. **High School Anger Management** (4 weeks)
Sara Susov; Craig Brown
12. **Making and Keeping Friends** (children's group) (grades 2-6)
Aubree James; Mary Hollibush; Natasha Hunt
13. **Parents Helping Children Make and Keep Friends** (parent group) *Andy Baggs, John Blodgett*
14. **Mind Shift: Managing your anxiety instead of it managing you** (grades 7-12)
Valerie Ashley; Kathy Campbell
15. **Positive Parenting Practices: For your child with Attention Deficit/Hyperactivity Disorder (A.D.H.D.)** (9 weeks) *Kevin Damron, John Simpson*
16. **Safeguarding Our Youth: A guide for parents addressing bullying, internet safety, child sexual abuse, substance use and abuse, and suicide prevention** (adults only) One night only: Jan. 22, 2020
Cindy Watkins; Steve Cherry
17. **Timely Topics: One-session seminars for parents** (Parents may attend any or all sessions) 7:00 – 9:00 pm
January 15 **Co-parenting through Divorce** – *Vicki Robinson*
January 22 **Video Gaming Addiction** – *Dustin Fullmer*
January 29 **Study Skills: Supporting your teen** – *Naomi Varuso*
February 5 **Life Hacks for Coping with Depression** – *Casey Pehrson*
February 19 **Internet Safety for our Children** – *Dustin Fullmer*

THURSDAY

18. **Let's Talk: A parent-teen communication class** (for parents and their teenaged children)
Markie Harper; Jami Adams
19. **Liking the Girl in the Mirror: Self-Esteem** (grades 7-12)
Makayla Hegburg; Morgan Hunter
20. **Mindful Kids: Learning to calm our mind and body** (grades 2-6)
Erin Thorpe; Monica Amador; Yolimar Burgos
21. **Practical Parenting Solutions: Practical solutions for parenting challenging children and teens**
Alisa Jones; Stacey Strahan
22. **Super Heroes Social Skills: Social Skills** (grades 1-4)
Arturo Ramirez; Manny Colòn
23. **Supporting your Child with Autism: A class for parents of children with Autism Spectrum Disorder**
Lisa Stillman; Riann Lutz
24. **Safeguarding Our Youth: A guide for parents addressing bullying, internet safety, child sexual abuse, substance use and abuse, and suicide prevention** (adults only) One night only: Feb. 20, 2020
Cindy Watkins; Steve Cherry

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

WEDNESDAYS

25. **Middle School Anger Management** (4 weeks)
Romney Stevens, Ph.D.; Dennis Sisco-Taylor
26. **Tobacco E.N.D. (Ending Nicotine Dependence) program for youth** (4 weeks)
Denis Alvarez, Steve Corry, Dustin Fullmer, Naomi Varuso

THURSDAYS

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

Let's Talk: A parent-teen communication class (for parents and their teenage children) This class is designed to help parents and students overcome communication barriers and repair relationships.

Mindful Kids: Learning to calm our mind and body (grades 2-6) Children will participate in fun activities to learn mindful breathing and develop mindful attitudes and actions.

Practical Parenting Solutions: Practical solutions for parenting challenging children and teens Parents will learn strategies for avoiding and resolving conflicts. Topics will include communication techniques, identification of conflict triggers and strategies to resolve problems.

QPR (Question, Persuade, Refer): Tools for supporting individuals who are at risk of suicide QPR teaches individuals skills to recognize warning signs of suicide as well as questioning, persuading and referring individuals in crisis.

Surviving the Death of a Loved One: A monthly grief support group for adults

Super Heroes 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.

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 children in socially adapting and successfully navigating their world.

Timely Topics: One-night seminars for parents addressing various pertinent topics Parents are welcome to attend any or all of the sessions. Classes include: Co-parenting through Divorce, Video Gaming Addiction, Study Skills: Supporting your teen, Life Hacks for Coping with Depression, Internet Safety for our Children.

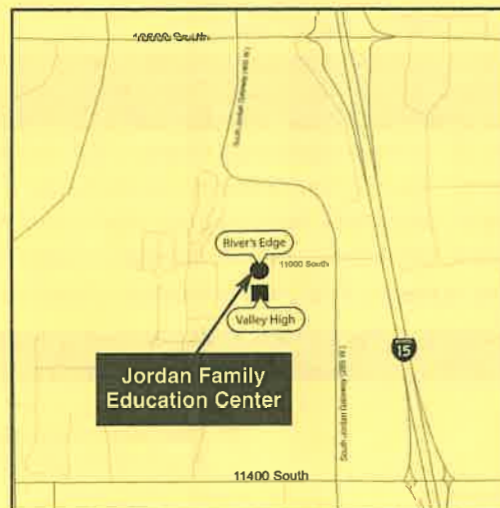
Tobacco E.N.D. (Ending Nicotine Dependence) program for youth E.N.D. is a tobacco cessation program designed especially for youth. The program builds skills to discontinue tobacco and vaping use as well as developing a wide variety of coping skills.

FAMILY RESOURCE PROGRAMS

COUNSELING: Child-centered short term counseling for families whose children are enrolled in the Jordan School District. Call for an intake appointment 801-565-7442.

LENDING LIBRARY: Over 1,000 books covering topics such as communication, stress, self-esteem, discipline, and marriage enrichment.

The Center is funded by Jordan School District; therefore, there is no charge for classes, intakes or counseling services.



JORDAN SCHOOL DISTRICT SPECIAL EDUCATION CHILD FIND

Every child is entitled to a public education regardless of disability. Children with disabilities may go without services because families are not fully aware of their options. If you know of a child, birth to age 22, who is not receiving education services or feel that your child may be in need of special education services, please contact your local school or call the Special Education Department in Jordan School District at 801-567-8176. special@jordandistrict.org

The Jordan Family Education Center is staffed by school psychologists, counselors, school psychology interns and social workers employed by the Jordan School District.