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
SPRING QUARTER STARTS MARCH 24 (the Center will be closed April 6-10, and May 25, 2020)

TO REGISTER CALL 801-565-7442

TUESDAY
6:00 p.m. to 7:30 p.m. classes
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 and teens who are sad or worried
   Casey Pehrson; Linda Jessie-Jones, Ph.D.
4. Caught in the Crossfire: A class for children dealing with divorce (grades 2-6)
   Amy Dyreng; Rachel Dangerfield
5. Just Breathe: Teens learning to live mindfully with stress and drama (grades 7-12)
   Jessica Sylvan; Angie Mar-Velez
6. 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: April 21, 2020 Cindy Watkins; Steve Cherry

7:00 p.m. to 8:30 p.m. classes
7. Calming the Storm Within: Anger management for adults
   Donna Salmen, Ph.D.; Clinton Thurgood
8. Effective Parent Training: How to get your children to do what you want them to do
   Taryn Nickis-Springer, Ph.D., BCBA; Kiersten Cole
9. QPR: (Question, Persuade, Refer) Tools for supporting individuals at risk of suicide
   One night only: March 24 OR April 28, 2020 (adults only)
   Mike Wilkey; Derek Bennet

TIMELY TOPICS: one-night seminars for parents
7:00 - 8:30 p.m. (Parents may attend any or all sessions)
10. March 24, 2020: Co-parenting through Divorce
    Vicki Robinson
11. March 31, 2020: Study Skills: Supporting your Teen
    Naomi Varuso

WEDNESDAY
5:00 p.m. to 6:00 p.m. classes
12. Suicide Prevention Training for Educators (Fullfills 1 hour of USOE re-licensure requirement)
    One night only: April 29, 2020. Cindy Watkins; Becky Cramer

6:00 p.m. to 7:30 p.m. classes
13. Making and Keeping Friends (children’s group)(grades 2-6)
    Aubree James; Mary Hollibush; Natasha Hunt
14. Parents Helping Children Make and Keep Friends (parent group)
    Andy Baggs, John Blodgett
15. Mind Shift: Managing your anxiety instead of it managing you (grades 7-12)
    Valerie Ashley; Kathy Campbell
16. Tobacco END (Ending Nicotine Dependence) program for youth (4 weeks) (grades 6-12)
    This class is offered throughout the traditional school year
    Denis Alvarez, Steve Corry, Dustin Fulmler, Naomi Varuso

7:00 p.m. to 8:30 p.m. classes
17. Anger Management: Middle School (4 weeks)
    This class is offered throughout the traditional school year
    Romney Stevens, Ph.D.; Dennis Sisco-Taylor, Ph.D.
18. Anger Management: High School (4 weeks)
    Sara Susov; Craig Brown
19. Positive Parenting Practices: For your child with Attention Deficit/Hyperactivity Disorder (A.D.H.D.) (9 weeks)
    Kevin Damron, John Simpson
20. SUPPORT GROUP: Surviving the Death of a Loved One: A monthly grief support group (adults only)
    Dates: April 1, May 6, 2020 Karen Johnson

TIMELY TOPICS: one-night seminars for parents
7:00 - 8:30 p.m. (Parents may attend any or all sessions)
21. April 15, 2020: Life Hacks for Coping with Depression
    Casey Pehrson

THURSDAY
6:00 p.m. to 7:30 p.m. classes
22. Anger Management: Elementary (grades 3-6) (3 weeks)
    This class is offered throughout the traditional school year
    Rex Prescott; Jon Stewart
23. Mindful Adults: Shifting attitudes and actions through mindfulness and yoga
    Christina Omlie
24. Mindful Kids: Learning to calm our mind and body (grades 2-6)
    Erin Thorpe; Monica Amador; Yolimar Burgos
25. Super Heroes Social Skills: Social Skills (grades 1-4)
    Arturo Ramirez; Manny Colon
    Lisa Stillman; Riann Lutz
27. 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: March 26, 2020 Cindy Watkins; Steve Cherry

7:00 p.m. to 8:30 p.m. classes
28. Let’s Talk: A parent-teen communication class
    Markie Harper; Jami Adams
29. Liking the Girl in the Mirror: Self-Esteem (grades 7-12)
    Makayla Hegburg; Morgan Hunter
30. Practical Parenting Solutions: Practical solutions for parenting challenging children and teens
    Alisa Jones; Stacey Strahan

TIMELY TOPICS: one-night seminars for parents
7:00 - 8:30 p.m. (Parents may attend any or all sessions)
31. April 23, 2020: Video Gaming Addiction
    Dustin Fulmler
32. April 30, 2020: Internet Safety for our Children
    Dustin Fulmler
Let’s Talk: A parent-teen communication class (for parents and their teens). This class is designed to help parents and teens 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.

Mindful Adults: Shifting attitude and actions through mindfulness. This class will teach adults how to apply mindfulness techniques and yoga to help cope with life’s stressors.

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. specialed@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.