CLASSES BEGIN THE WEEK OF MARCH 24, 2020
All classes, unless otherwise noted, are held for 6 weeks

TUESDAY CLASSES • 6:00 - 7:30 p.m.

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. **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.

5. **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 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.

6. **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) April 21, 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.

7. **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.

8. **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.

9. **Question, Persuade, Refer: Tools for supporting individuals who are at risk of suicide**
   (adults only) One night only: March 24 OR April 28, 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.

10. **10/11. TIMELY TOPICS: One-night seminars for parents.** Parents may attend any or all sessions.
    March 24, 2020: Co-parenting through Divorce
    March 31, 2020: Study Skills: Supporting your Teen

WEDNESDAY CLASSES • 5:00 - 6:00 p.m.

12. **Suicide Prevention for Educators** (adults only) (one night only) April 29, 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.

13. **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 #14).
14. **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 #13 for the separate, corresponding children’s class.

15. **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.

16. **Tobacco E.N.D. (Ending Nicotine Dependence)** (grades 6-12) (4 weeks)
   This class is offered throughout the traditional school year.
   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.

**WEDNESDAY CLASSES • 7:00 - 8:30 p.m.**

17. **Middle School Anger Management** (grades 7-9) (4 weeks)
   This class is offered throughout the traditional school year.

18. **High School Anger Management** (grades 10-12) (4 weeks)

19. **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.

20. **Surviving the Death of a Loved One: A monthly grief support group for adults** (adults only)
   Dates: April 1, May 6, 2020

21. **TIMELY TOPICS: One-night seminars for parents. Parents may attend any or all sessions.**
   April 15, 2020: Life Hacks for Coping with Depression

**THURSDAY CLASSES • 7:00 - 8:30 p.m.**

22. **Elementary School Anger Management** (grades 3-6) (3 weeks)
   This class is offered throughout the traditional school year.

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

24. **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.

25. **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.

   This class helps parents who have children with Autism Spectrum Disorder guide and support their child in socially adapting and successfully navigating their world.

27. **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) March 26, 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.

**THURSDAY CLASSES • 7:00 - 8:30 p.m.**

28. **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.

29. **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.

30. **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.

31/32. **TIMELY TOPICS: One-night seminars for parents. Parents may attend any or all sessions**
   April 23, 2020: Video Gaming Addiction
   April 30, 2020: Internet Safety for our Children