

Jordan Family Education Center

River's Edge School

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

CLASS DESCRIPTIONS WINTER 2024

CLASSES BEGIN THE WEEK OF January 22, 2024

THE CENTER WILL BE CLOSED ON January 1-2, 15-16, February 13 & 15, March 25-29, 2024

TUESDAY CLASSES 6:00 pm – 7:30 pm:

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. 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.

5. Caught in the Crossfire: A group for children dealing with divorce (Ages 7-12)

This support group helps children develop an understanding of the emotions related to divorce.

6. Safeguarding our Youth: A seminar for parents addressing bullying, internet safety, child sexual abuse, substance abuse, and suicide prevention (Adults only) (One night only) January 23, 2024

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.

TUESDAY CLASSES 7:00 pm – 8:30 pm:

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: A basic tool box of skills to teach you how to respond to the warning signs of suicide in others

(Adults only) One night only: February 27, 2024

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.

WEDNESDAY CLASSES 6:00 pm – 7:30 pm:

10. Making and Keeping Friends: A group to help children strengthen friendship skills (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).

11. 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 #11 for the separate, corresponding children's class.

12. 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.

13. Managing My Ups and Downs: Social Skills Group (Kindergarten – first grade)

This group is for kindergarteners and first graders learning how to identify difficult feelings. Students will learn skills on how to communicate and manage those feelings.

14. Tobacco E.N.D. (Ending Nicotine Dependence) (Grades 6-12) (4 weeks)

This class is offered weekly throughout the traditional school year. Students may register for this class at any time. E.N.D. is a tobacco cessation program designed especially for youth. *Tools to Quit:* Whether you are

ready to quit, thinking about quitting, or see nothing wrong with your habit, this class provides you with the tools you need to quit when you are ready. These tools include coping, communication, self-esteem, stress management, decision-making, and goal setting skills, as well as how to be a smart media consumer and building a support system.

15. SAFE (Substance Abuse Family Education): A group for parents and their teens to learn coping skills to prevent future use and abuse of substances. This class is offered weekly throughout the traditional school year. Students may register for this class at any time. Trauma is often the gateway to using substances. Parents and teens will be taught healthy ways to cope with the traumatic things that have happened in the past or are currently happening. These skills can help reduce the use and abuse of substances.

16. Safeguarding our Youth: A seminar for parents addressing bullying, Internet safety, child sexual abuse, substance abuse, and suicide prevention (Adults only) (One night only) March 6, 2024

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.

WEDNESDAY CLASSES 7:00 pm – 8:30 pm:

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)

This class is offered throughout the traditional school year.

19. Positive Parenting Practices for the child with Attention-Deficit/Hyperactivity Disorder (A.D.H.D.) (7 weeks)

This class is for parents who suspect their child has Attention-Deficit / Hyperactivity Disorder (A.D.H.D.) or have been diagnosed with A.D.H.D. The class will stress behavior management techniques for increasing compliance at home and school.

20. Question, Persuade, Refer: A basic tool box of skills to teach you how to respond to the warning signs of suicide in others

(Adults only) One night only: January 31 & March 20, 2024

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.

THURSDAY CLASSES 6:00 pm – 7:30 pm:

21. Elementary School Anger Management (Grades 3-6) (3 weeks)

This class is offered throughout the traditional school year.

22. 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.

23. 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,

24. 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.

25. 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.

THURSDAY CLASSES 7:00 pm – 8:30 pm:

26. 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.

27. TIMELY TOPICS: One-night seminars for parents. Parents may attend any or all sessions

January 25, 2024: Internet Safety for Our Children

February 1, 2024: Co-parenting through Divorce

February 8, 2024: Life Hacks for Coping with Depression

February 22, 2024: Video Gaming Addiction