

JORDAN FAMILY EDUCATION CENTER

Located in River's Edge School • 319 West 11000 South, South Jordan, Utah 84095

FALL CLASSES BEGIN THE WEEK OF SEPTEMBER 8, 2026 • All classes, unless otherwise specified, are held for six weeks

Call to register at 801-565-7442 • Winter classes will begin the week of January 11, 2027

THE CENTER WILL BE CLOSED ON September 7, September 23-24, and October 19-23, 2026

TUESDAY CLASSES

1. **Blues Busters for Elementary:** Skills for children who are sad or worried (Grades 3 to 6)..... **6:00 - 7:30 PM**
2. **Blues Busters for Parents:** Skills for parents of children and teens who are sad or worried.... **6:00 - 7:30 PM**
3. **Caught in the Crossfire:** A group for children dealing with divorce (Ages 7 to 12)..... **6:00 - 7:30 PM**
4. **Just Breathe:** Teens learning to live mindfully with stress and drama (Grades 7 to 12)..... **6:00 - 7:30 PM**
5. **How to get your children to do what you want them to do** (Effective Parent Training)
(Adults only)(Virtually on Zoom - Please call to register for link)..... **6:00 - 7:30 PM**
6. **Calming the Storm Within: Anger management for adults** (Adults only)..... **7:00 - 8:30 PM**

WEDNESDAY CLASSES

7. **Making & Keeping Friends:** A group to help children strengthen friendship skills
(Children only, Grades 2 to 6)..... **6:00 - 7:30 PM**
8. **Parents Helping Children Make and Keep Friends**
(Adults only)(For parents of children taking the children's group)..... **6:00 - 7:30 PM**
9. **Limitless: Buidling Boys' Confidence** (Boys grades 7 to 12)..... **7:00 - 8:30 PM**
10. **Positive Parenting Practices for your child with Attention Deficit Hyperactivity Disorder (ADHD)**
(7 weeks)..... **7:00 - 8:30 PM**

THURSDAY CLASSES

11. **Managing My Ups & Downs:** Emotional Regulation Group (Grades K – 1)..... **6:00 - 7:30 PM**
12. **Mindful Kids:** Learning to calm our mind & body (Gr. 3 to 6)..... **6:00 - 7:30 PM**
13. **Mind Shift:** Managing your anxiety instead of it managing you (Grades 7 to 12)..... **6:00 - 7:30 PM**
14. **Practical Parenting Solutions:** Practical solutions for parenting challenging children & teens
(Adults only)..... **6:00 - 7:30 PM**
15. **Super Heroes Social Skills** (Grades 1 to 4) **6:00 - 7:30 PM**
16. **Supporting Your Child with Autism:** A class for parents of children with Autism Spectrum Disorder
(Adults only)..... **6:00 - 7:30 PM**
17. **Liking the Girl in the Mirror: Self-Esteem** (Grades 6 to 12)..... **7:00 - 8:30 PM**

ONGOING CLASSES HELD THROUGHOUT THE SCHOOL YEAR - PARTICIPANTS MAY JOIN AT ANY TIME

18. **Breaking the Habit: Living Vape & Nicotine Free**
(Grades 6 to 12, parents welcome, 3 weeks) **WEDNESDAYS - 5:30 - 7:30 PM**
19. **SAFE (Substance Abuse Family Education):** A group for parents and their teens to learn coping skills to prevent future use and abuse of substances
(Grades 7 to 12, students with their parents, 3 weeks) **WEDNESDAYS - 6:00 - 8:00 PM**
20. **Anger Management: Secondary**
(Grades 7 to 12, parents welcome, 4 weeks)..... **WEDNESDAYS - 7:00 - 8:30 PM**
21. **Anger Management: Elementary**
(Grades 3 to 6, students with their parents, 3 weeks)..... **THURSDAYS - 6:00 - 7:30 PM**

ONE NIGHT ONLY CLASSES

22. **Safeguarding Our Youth:** A guide for parents addressing bullying, internet safety, child sexual abuse, substance abuse, & suicide prevention (Adults only) **DATES: September 8 & October 7..... 6:00 - 8:00 PM**
23. **QPR (Question, Persuade, Refer):** A basic toolbox of skills to teach you how to respond to the warning signs of suicide in others (Adults only) **DATES: September 16, October 13 & November 18... 7:00 - 8:30 PM**

- **Mind Shift: Managing your anxiety instead of it managing you** – This class includes interactive activities that support teens who may experience feelings of sadness, anxiety or worry.
- **Liking the Girl in the Mirror: Self-Esteem** (*Grades 7 to 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.
- **Limitless: Building Boys' Confidence** (*Boys grades 7 to 12*) – This class will focus on what exterior and interior negative influences there are on a boy's self esteem, as well as how to build self esteem and self confidence to withstand them. Our intention is to help teen and preteen boys take a look inside to find their own self worth and look beyond the mirror for a stronger sense of self that can set them up for success.
- **How to get your children to do what you want them to do (Effective Parent Training)** (*Adults*) (*Virtual*) – This class provides a step-by-step approach to changing children's behavior in a positive way.
- **QPR (Question, Persuade, Refer): A basic tool box of skills to teach you how to respond to the warning signs of suicide in others** – QPR is a one-night training designed to give individuals the tools they need to recognize warning signs of suicide in others. 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.
- **Breaking the Habit: Living Vape and Nicotine Free** (*Grades 7 to 12*) – 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. Parents are required to attend with their student.
- **Caught in the Crossfire: A group for children dealing with divorce** (*Ages 7 to 12*) – This support group helps children develop an understanding of the emotions related to divorce.
- **DBT (Dialectical Behavior Therapy) Skills** (*Grades 7 to 12*) (*SPRING only*) – An evidence-based therapy that can be used for teens who have intense reactions that feel impossible to resist, whether due to stress, anger, or other unwanted, unhelpful emotions

FAMILY RESOURCE PROGRAMS

COUNSELING: Child-centered short-term counseling for families whose children are enrolled in Jordan School District schools.

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.

JORDAN SCHOOL DISTRICT SPECIAL EDUCATION AND SECTION 504 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 at Jordan School District at 801-567-8176, special@jordandistrict.org. If you know of a student in Kindergarten through 12th grade who you suspect may need general or special education and related aids and services provided through Section 504, please contact your local school or the district's Section 504 Coordinator at Guidance Programs at 801-567-8128, <https://jordandistrict.org/resources/compliance>.

EL PROGRAMA DE EDUCACIÓN ESPECIAL DEL DISTRITO DE JORDAN Y SECCIÓN 504 IDENTIFICANDO UN NIÑO

Todo niño tiene derecho a una educación pública independientemente de su discapacidad. Los niños con discapacidades podrían quedarse sin servicios porque las familias no están plenamente conscientes de sus opciones. Si sabe de un niño, desde el nacimiento hasta los 22 años, que no está recibiendo servicios educativos o cree que su hijo (a) puede necesitar servicios de educación especial, comuníquese con su escuela local o llame al Departamento de Educación Especial en el Distrito Escolar de Jordan al 801-567-8176, special@jordandistrict.org. Si conoce a un estudiante de jardín de infantes a grado 12 que sospecha que puede necesitar educación general o especial y ayudas y servicios relacionados proporcionados a través de la Sección 504, comuníquese con su escuela local o con el Coordinador de la Sección 504 del distrito del Programa de Consejería al 801-567-8128, <https://jordandistrict.org/resources/compliance>.