



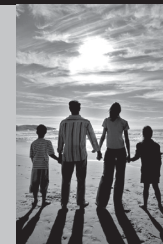
# JORDAN FAMILY EDUCATION CENTER

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

Overflow parking is available next door at Valley High School

**FALL CLASSES BEGIN THE WEEK OF SEPTEMBER 2, 2025 • All classes, unless otherwise specified, are held for six weeks**

The Jordan Family Education Center will be closed Sept. 1, Sept. 24 – 25, Oct. 20 – 24, Nov. 26 – 28, and Dec. 22 – Jan. 5



## TUESDAY

6:00 – 7:30 p.m. classes

- 1. Blues Busters for Elementary: Skills for children who are sad or worried** (Grades 3 – 6)  
*Preston Tenney; Melissa Barton; Alyssa Laird*
- 2. Blues Busters for Teens: Skills for those who are sad or worried** (Grades 7 – 12)  
*Clarissa Heslop; Elizabeth McDougall; Jacqueline Holz*
- 3. Blues Busters for Parents: Skills for adults to help their kids and teens who are sad or worried**  
*Casey Pehrson; Eliza Cortes-Gardner; Kathleen Garibaldi*
- 4. Caught in the Crossfire: A group for children dealing with divorce** (Ages 7 – 12)  
*Elizabeth White; Angie Mar Velez*
- 5. Just Breathe: Teens learning to live mindfully with stress and drama** (Grades 7 – 12)  
*Kristi Thomas; Tida Blackburn; Ling-Hsuan Chu*
- 6. Safeguarding Our Youth: A guide for parents addressing bullying, internet safety, child sexual abuse, substance abuse, & suicide prevention** (Adults)  
• **One night only: September 9, 2025**  
*Joycelyn Araya; Eden Steffey, Ph.D.*

7:00 – 8:30 p.m. classes

- 7. Calming the Storm Within: Anger management for adults** (Adults)  
*Clinton Thurgood; Taylor Lynch*
- 8. How to get your children to do what you want them to do (Effective Parent Training)** (Adults)  
*Mackenzie Brown; Kaylee Dupree*
- 9. QPR (Question, Persuade, Refer): A basic toolbox of skills to teach you how to respond to the warning signs of suicide in others** (Adults)  
• **One night only: October 7, 2025**  
*Rachel Dangerfield; Kip Webster*

## WEDNESDAY

6:00 – 7:30 p.m. classes

- 10. Making & Keeping Friends: A group to help children strengthen friendship skills** (Children only, Grades 2 – 6)  
*Tyler Swiggart; Josephine Svoboda*
- 11. Parents Helping Children Make and Keep Friends** (Adults)  
*Andy Baggs; John Blodgett*
- 12. Managing My Ups & Downs: Social Skills Group** (Grades K – 1)  
*Aubree James; Ariel Lam; Natasha Larsen*
- 13. \*\* Breaking the Habit: Living Vape & Nicotine Free** (3 weeks, 5:30 – 7:30 p.m., Grades 6 – 12)  
*Denis Alvarez; Haley Kirk; Dan Belding*
- 14. \*\* SAFE (Substance Abuse Family Education): A group for parents and their teens to learn coping skills to prevent future use and abuse of substances** (3 weeks, 6:00 – 8:00 p.m.)  
*Naomi Varuso; Jarrod Gardner*
- 15. Safeguarding Our Youth: A guide for parents addressing bullying, internet safety, child sexual abuse, substance abuse, & suicide prevention** (Adults, 6:00 – 8:00 p.m.)  
• **One night only: October 15, 2025**  
*Joycelyn Araya; Eden Steffey, Ph.D.*

7:00 – 8:30 p.m. classes

- 16. \*\* Anger Management: Secondary** (4 weeks, Grades 7 – 12)  
*Romney Stevens, Ph.D.; Josie Hilton*
- 17. Positive Parenting Practices for your child with ADHD** (7 weeks)  
*Glade Eggett, Ed.D.; Sami Tibbets*
- 18. Beyond the Mirror: Building Self-Esteem & Confidence from Within** (Boys Grades 7 – 12)  
*Dustin Fullmer; Will Herchenbach*
- 19. QPR (Question, Persuade, Refer): A basic toolbox of skills to teach you how to respond to the warning signs of suicide in others** (Adults)  
• **One night only: September 10, 2025**  
*Rachel Dangerfield; Kip Webster*

## THURSDAY

6:00 – 7:30 p.m. classes

- 20. \*\* Anger Management: Elementary** (3 weeks, Grades 3 – 6)  
*Olin Levitt, Ph.D.; Jared Bailey*
- 21. Mindful Kids: Learning to calm our mind & body** (Grades 3 – 6)  
*Erin Thorpe; Monica Amador; Dominique Fiorentino*
- 22. Practical Parenting Solutions: Practical solutions for parenting challenging children & teens**  
*Rex Prescott; Alisa Jones*
- 23. Mind Shift: Managing your anxiety instead of it managing you** (Grades 7 – 12)  
*Valerie Ashley; Kathy Campbell*
- 24. Superheroes Social Skills** (Grades 1 – 4)  
*Manny Colòn; Jessica Thompson; Andrea DiGulio*
- 25. Supporting Your Child with Autism: A class for parents of children with Autism Spectrum Disorder**  
*Lisa Stillman; Rebecca Cramer*

7:00 – 8:30 p.m. classes

- 26. Liking the Girl in the Mirror: Self-Esteem** (Grades 6 – 12)  
*Molly Kozel, Ph.D.; Erin Bittmann; Kristina Changkiendee*
- 27. Timely Topics: One-night seminars for parents**
  - September 11: Life Hacks for Coping with Depression**  
*Casey Pehrson; Zoe Curry*
  - September 18: Let's Talk about Grief**  
*Naomi Varuso; Zoe Curry*
  - October 2: Video Game Addiction**  
*Dustin Fullmer; Zoe Curry*
  - October 9: Co-parenting through Divorce**  
*Vicki Robinson; Zoe Curry*
- 28. \*\* How to Survive the Death of a Loved One: Grief Support Group** (Adults, open group, 1st Thursday of each month)  
*Dustin Fullmer; Naomi Varuso*



A Jordan School District Program

**\*\* Classes with asterisks are ongoing throughout the traditional school year. Participants can join at any time.**

Scan the QR code on the back for more information!

**CALL TO REGISTER: 801-565-7442**

- **Grief Support Group: How to Survive the Death of a Loved One (Adults, open group 1st Thursday of each month)** – Join us for a safe and comfortable space to grieve and to navigate your life while missing your loved one.
- **Mind Shift: Managing Stress and Anxiety for Teens** – 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 6 – 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.
- **How to get your children to do what you want them to do (Effective Parent Training) (Adults)** – 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 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.
- **Breaking the Habit: Living Vape and Nicotine Free (Grades 7 – 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.
- **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.
- **Beyond the Mirror: Building Self-Esteem & Confidence from Within (Boys Grades 7 – 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 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.

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

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

#### 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](mailto: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 Jordán al 801-567-8176, [special@jordandistrict.org](mailto: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>.

**Scan the QR code below to access more information about our resources**



Free classes and groups  
Crisis resources  
Current calendar