**TUESDAY**  
**6:00 – 7:30 p.m. classes**

1. Blues Busters for Elementary: A class for children who are sad or worried (Grades 3 – 6)  
   Preston Tenney; Nicole Beeso; Josie Hilton; Saniya Mitchell

2. Blues Busters for Teens (Grades 7 – 12)  
   Sami Tibbetts; Clarissa Haslop; Janet Frazier

3. Blues Busters for Parents: Skills for parents of children and teens who are sad or worried  
   Casey Pehrson; Kathleen Garibaldi; Eliza Cortes-Gardner

4. Caught in the Crossfire: A group for children dealing with divorce (Ages 7 – 12)  
   Elizabeth White; Angie Mar Velez; Bethany Keever

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, and suicide prevention (Adults only)  
   One night only: April 9, 2024 (6:00 – 8:00 p.m.)
   Donna Salmen, Ph.D.; Joycelyn Araya

7. DBT Skills: An evidence-based therapy that can be used for teens who have intense reactions that feel impossible to resist (12 weeks, 6:00 – 8:00 p.m.)  
   (Grades 7 – 12) (Parents welcome)
   Romney Stevens, Ph.D.; Christina Omlie; Kate Downs; Paige Dubrow

7:00 – 8:30 p.m. classes

8. Calming the Storm Within: Anger management for adults (Adults only)  
   Clinton Thurgood; Derek Anderson

9. How to get your children to do what you want them to do (Effective Parent Training) (Adults only)  
   Kiersten Cole; Mackenzie Schueler

10. QPR (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: April 30, 2024  
    Kip Webster; Rachel Dangerfield

**WEDNESDAY**  
**6:00 – 7:30 p.m. classes**

11. Making and Keeping Friends: A group to help children strengthen friendship skills (Children only, Grades 2 – 6)  
    Josephine Svoboda; Michael Lanzoni

12. Parents Helping Children Make and Keep Friends  
    (Parent group, adults only)
   Andy Baggs; John Blodgett

13. Mind Shift: Managing your anxiety instead of it managing you (Grades 7 – 12)  
   Valerie Ashley; Kathy Campbell; Tyler Swiggart

14. Handling My Ups and Downs: Social Skills Group (Grades K – 1)  
   Aubree James; Natasha Hunt

15. Breaking the Habit: Living Vape and Nicotine Free (4 weeks) (Grades 6 – 12)  
   This class is offered throughout the traditional school year.  
   Denis Alvarez; Haley Kirk

16. 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.) (Grades 6 – 12)  
   Naomi Varuso; Dallin Marr

17. Safeguarding Our Youth: A guide for parents addressing bullying, internet safety, child sexual abuse, substance abuse, and suicide prevention (Adults only)  
   One night only: May 1, 2024 (6:00 – 8:00 pm)
   Donna Salmen, Ph.D.; Joycelyn Araya

7:00 – 8:30 p.m. classes

18. Anger Management: Middle School (4 weeks)  
   This class is offered throughout the traditional school year.  
   Participants may join the class at any time.  
   Romney Stevens, Ph.D.; Dustin Fullmer

19. Anger Management: High School (4 weeks)  
   Elizabeth MacDougall; Krista Liles

20. Positive Parenting Practices: For your child with Attention Deficit/Hyperactivity Disorder (ADHD) (8 weeks)  
    Kevin Damron; John Simpson

**WEDNESDAY**  
**7:00 – 8:30 p.m. classes (continued)**

21. QPR (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: May 21, 2024  
   Kip Webster; Rachel Dangerfield

**THURSDAY**  
**6:00 – 7:30 p.m. classes**

22. Anger Management: Elementary (3 weeks, Grades 3 – 6)  
   This class is offered throughout the traditional school year.  
   Participants may join the class at any time.  
   Jon Stewart; Jared Bailey

23. Mindful Kids: Learning to calm our mind and body (Grades 3 – 6)  
   Erin Thorpe; Monica Amador

24. Practical Parenting Solutions: Practical solutions for parenting challenging children and teens  
   Rex Prescott; Alisa Jones; Jarrod Gardner

25. Super Heroes Social Skills: Social Skills (Grades 1 – 4)  
   Manny Collon; Jessica Thompson

   Lisa Stillman; Rebecca Cramer

**7:00 – 8:30 p.m. classes**

27. Liking the Girl in the Mirror: Self-Esteem (Grades 7 – 12)  
   Molly Kozel, Ph.D.; Erin Bittmann

28. Timely Topics: One-night seminars for parents. Parents may attend any or all sessions.  
   • April 11, 2024: Co-parenting through Divorce  
     Vicki Robinson; Zoe Curry  
   • April 18, 2024: Internet Safety for Our Children  
     Dustin Fullmer; Zoe Curry  
   • April 25, 2024: Life Hacks for Coping with Depression  
     Casey Pehrson; Zoe Curry  
   • May 2, 2024: Video Game Addiction  
     Dustin Fullmer; Zoe Curry
• **Practical Parenting Practices: Practical solutions for parenting challenging children and teens** — Parents will learn strategies for avoiding and resolving conflicts. Topics include communication techniques, identification of conflict triggers, and strategies to resolve problems.

• **DBT (Dialectical Behavior Therapy) Skills** — 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. (12 weeks, 6:00 – 8:00 p.m.) (Grades 7 – 12) (Parents welcome)

• **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.

• **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 designed to give individuals the tools they need to recognize warning signs of suicide as well as questioning, persuading, and referring individuals in crisis.

• **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 – 12) — 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.

• **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.

• **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.

• **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.

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**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, specialed@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, specialed@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.

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**FAMILY RESOURCE PROGRAMS**


**LENDING LIBRARY**: Over 1,000 books covering topics such as communication, stress, self-esteem, discipline, and marriage enrichment.

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