

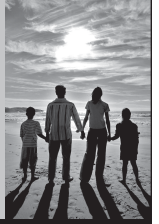


JORDAN FAMILY EDUCATION CENTER

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

CLASSES BEGIN THE WEEK OF JANUARY 22, 2024 • All classes, unless otherwise specified, are held for six weeks

The center will be CLOSED January 1 – 2, January 15 – 16, February 13, February 15, and March 25 – 29.



CALL TO REGISTER: 801-565-7442 • Class sizes are limited due to space. Please call to register.

TUESDAY 6:00 – 7:30 p.m. classes	WEDNESDAY 6:00 – 7:30 p.m. classes	WEDNESDAY 7:00 – 8:30 p.m. classes (continued)
<ol style="list-style-type: none"> 1. Blues Busters for Elementary: A class for children who are sad or worried (Grades 3 – 6) <i>Preston Tenney; Nicole Beeso; Josie Hilton, Brendan Mitchell</i> 2. Blues Busters for Teens (Grades 7 – 12) <i>Samantha Tibbits; Clarissa Heslop</i> 3. Blues Busters for Parents: Skills for parents of children and teens who are sad or worried <i>Casey Pehrson; Kathleen Garibaldi; Eliza Cortes-Gardner</i> 4. Caught in the Crossfire: A group for children dealing with divorce (Ages 7 – 12) <i>Elizabeth White; Angie Mar Velez; Bethany Keever</i> 5. Just Breathe: Teens learning to live mindfully with stress and drama (Grades 7 – 12) <i>Jessica Sylvan; Kristi Thomas; Ling-Hsuan Chu</i> 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: January 23, 2024 (6:00 – 8:00 p.m.) <i>Donna Salmen, Ph.D.; Joycelyn Araya</i> 	<ol style="list-style-type: none"> 10. Making and Keeping Friends: A group to help children strengthen friendship skills (Children only, Grades 2 – 6) <i>Josephine Svoboda; Michael Lanzoni</i> 11. Parents Helping Children Make and Keep Friends (Parent group, adults only) <i>Andy Baggs; John Blodgett</i> 12. Mind Shift: Managing your anxiety instead of it managing you (Grades 7 – 12) <i>Kathy Campbell; Tyler Swiggart</i> 13. Managing My Ups and Downs: Social Skills Group (Grades K – 1) <i>Aubree James; Natasha Hunt</i> 14. Tobacco END (Ending Nicotine Dependence) Program for Youth (4 weeks) (Grades 6 – 12) This class is offered throughout the traditional school year. Participants may join the class at any time. <i>Denis Alvarez; Haley Kirk</i> 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 (3 weeks, 6:00 – 8:00 p.m.) (Grades 6 – 12) This class is offered throughout the traditional school year. <i>Naomi Varuso; Dallin Marr</i> 16. Safeguarding Our Youth: A guide for parents addressing bullying, internet safety, child sexual abuse, substance abuse, and suicide prevention (Adults only) One night only: March 6, 2024 (6:00 – 8:00pm) <i>Donna Salmen, Ph.D.; Joycelyn Araya</i> 	<p>20. 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: January 31, 2024, and March 20, 2024 <i>Rachel Dangerfield; Kip Webster</i></p>
		<p style="text-align: center;">THURSDAY 6:00 – 7:30 p.m. classes</p>
		<ol style="list-style-type: none"> 21. 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. <i>Jon Stewart; Thu Rain</i> 22. Mindful Kids: Learning to calm our mind and body (Grades 3 – 6) <i>Erin Thorpe; Monica Amador</i> 23. Practical Parenting Solutions: Practical solutions for parenting challenging children and teens <i>Rex Prescott, Alisa Jones; Jarrod Gardner</i> 24. Super Heroes Social Skills: Social Skills (Grades 1 – 4) <i>Manny Colòn; Jessica Thompson; Erin Bittmann</i> 25. Supporting Your Child with Autism: A class for parents of children with Autism Spectrum Disorder <i>Lisa Stillman; Rebecca Cramer</i>
<p style="text-align: center;">7:00 – 8:30 p.m. classes</p>		<p style="text-align: center;">7:00 – 8:30 p.m. classes</p>
<ol style="list-style-type: none"> 7. Calming the Storm Within: Anger management for adults (Adults only) <i>Clinton Thurgood; Derek Anderson</i> 8. How to get your children to do what you want them to do (Effective Parent Training) (Adults only) <i>Kiersten Cole; Mackenzie Schueler</i> 9. 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: February 27, 2024 <i>Rachel Dangerfield; Kip Webster</i> 	<p style="text-align: center;">7:00 – 8:30 p.m. classes</p> <ol style="list-style-type: none"> 17. Anger Management: Middle School (4 weeks) This class is offered throughout the traditional school year. Participants may join the class at any time. <i>Romney Stevens, Ph.D.; Dustin Fullmer</i> 18. Anger Management: High School (4 weeks) <i>Elizabeth MacDougall; Krista Liles</i> 19. Positive Parenting Practices: For your child with Attention Deficit/Hyperactivity Disorder (ADHD) (8 weeks) <i>Kevin Damron; John Simpson; Rebecca Brown</i> 	<ol style="list-style-type: none"> 26. Liking the Girl in the Mirror: Self-Esteem (Grades 7 – 12) <i>Molly Kozel, Ph.D.; Paige Mesui</i> 27. Timely Topics: One-night seminars for parents. Parents may attend any or all sessions. <ul style="list-style-type: none"> • January 25, 2024: Internet Safety for Our Children <i>Dustin Fullmer; Tida Blackburn</i> • February 1, 2024: Co-parenting through Divorce <i>Vicki Robinson; Tida Blackburn</i> • February 8, 2024: Life Hacks for Coping with Depression <i>Casey Pehrson; Tida Blackburn</i> • February 22, 2024: Video Gaming Addiction <i>Dustin Fullmer; Tida Blackburn</i>

- **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.
- **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.
- **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.
- **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.
- **Timely Topics: One-night seminars for parents addressing various pertinent topics** – Parents are welcome to attend any or all of the sessions. Classes include: Co-parenting through Divorce, Life Hacks for Coping with Depression, and Video Game Addiction.
- **Tobacco END Program (Ending Nicotine Dependence): Tools to Quit** (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. 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 build a support system.

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>.

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.

