



# JORDAN FAMILY EDUCATION CENTER

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

**WINTER CLASSES BEGIN THE WEEK OF JANUARY 4, 2026 • All classes, unless otherwise specified, are held for six weeks**

Overflow parking is available next door at Valley High School • Spring classes will begin the week of April 7, 2026

THE CENTER WILL BE CLOSED ON January 19 – 20, February 11 – 12, February 16, and March 30 – April 3, 2026



## 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; Daniel Belding*
2. **Blues Busters for Teens:** A class for teens who are sad or worried (Grades 7 – 12)  
*Clarissa Heslop; Jacqueline Holz; Sami Tibbets*
3. **Blues Busters for Parents:** Skills for parents of children 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)  
*Alyssa Laird; Angie Mar Velez*
5. **Just Breathe:** Teens learning to live mindfully with stress and drama (Grades 7 – 12)  
*Kristi Thomas; Tida Blackburn*
6. **Safeguarding Our Youth:** A guide for parents addressing bullying, internet safety, child sexual abuse, substance abuse, & suicide prevention (Adults only, 6:00–8:00 p.m.)  
• **One night only: January 6, 2026**  
*Joycelyn Araya; Eden Steffey, Ph.D.*

7:00 – 8:30 p.m. Classes

7. **Calming the Storm Within:** Anger management for adults (Adults only)  
*Clinton Thurgood; Taylor Lynch*
8. **How to get your children to do what you want them to do (Effective Parent Training)** (Adults only)  
*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 only)  
• **One night only: January 27 and March 24, 2026**  
*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)  
*Josephine Svoboda; Tyler Swiggart; Leah Hamre*
11. **Parents Helping Children Make and Keep Friends** (Adults only)  
*Andy Baggs; John Blodgett*
12. **Managing My Ups & Downs:** Emotional Regulation Group (Grades K – 1)  
*Aubree James; Ariel Lam; Natasha Larsen*
13. **Breaking the Habit: Living Vape & Nicotine Free** (Grades 6 – 12 students with their parents, 3 weeks, 5:30 – 7:30 p.m.) This class is offered throughout the school year. Participants may join the class at any time.  
*Denis Alvarez; Haley Kirk*
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** (Grades 7 – 12 students with their parents, 3 weeks, 6:00 – 8:00 p.m.) This class is offered throughout the school year. Participants may join the class at any time.  
*Naomi Varuso; Jarrod Gardner*
15. **Safeguarding Our Youth:** A guide for parents addressing bullying, internet safety, child sexual abuse, substance abuse, & suicide prevention (Adults only, 6:00–8:00 p.m.)  
• **One night only: February 4, 2026**  
*Joycelyn Araya; Eden Steffey, Ph.D.*

7:00 – 8:30 p.m. Classes

16. **Anger Management: Secondary** (Grades 7 – 12 students with their parents, 4 weeks) This class is offered throughout the school year. Participants may join the class at any time.  
*Romney Stevens, Ph.D.; Josie Hilton*
17. **Building Confidence** (Boys grades 7 – 12)  
*Dustin Fullmer; Will Herchenbach*
18. **Positive Parenting Practices for your child with Attention Deficit / Hyperactivity Disorder (ADHD)** (7 weeks)  
*Craig Brown; Melana Kasper*
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 only)  
• **One night only: February 25, 2026**  
*Rachel Dangerfield; Kip Webster*

## THURSDAY

6:00 – 7:30 p.m. Classes

20. **Anger Management: Elementary** (Grades 3 – 6 students with their parents, 3 weeks)  
This class is offered throughout the school year. Participants may join the class at any time.  
*Olin Levitt, Ph.D.; Jared Bailey; Jacqueline Holz*
21. **Mindful Kids:** Learning to calm our mind & body (Gr. 3 – 6)  
*Dominique Fiorentino; Monica Amador*
22. **Mind Shift:** Managing your anxiety instead of it managing you (Grades 7–12)  
*Valerie Ashley; Kathy Campbell*
23. **Practical Parenting Solutions:** Practical solutions for parenting challenging children & teens  
*Rex Prescott; Alisa Jones*
24. **Super Heroes Social Skills** (Grades 1 – 4)  
*Manny Colòn; Jessica Thompson; Andrea DiGiulio*
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)  
*Erin Bittmann; Molly Kozel, Ph.D.; Kristina Changkiendee*
27. **Timely Topics: One-night seminars for parents**
  - **January 8, 2026: Life Hacks for Coping with Depression**  
*Casey Pehrson; Zoe Curry*
  - **January 15, 2026: From the Inside Out:** How to Help Your Teen Son Develop Healthy Self-Worth  
*Dustin Fullmer; Zoe Curry*
  - **January 22, 2026: Video Game Addiction**  
*Dustin Fullmer; Zoe Curry*
  - **January 29, 2026: Let's Talk About Grief**  
*Naomi Varuso; Zoe Curry*
30. **How to Survive the Death of a Loved One:** Adult grief support group (Adults only, open group, first Thursday of each month)  
*Dustin Fullmer; Naomi Varuso*

**JORDAN**   
SCHOOL DISTRICT  
A Jordan School District Program

**PLEASE CALL TO REGISTER: 801-565-7442 • CLASS WALK-INS ARE WELCOME**

- **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 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 – 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 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. 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.
- **Power Players: Building a strong outside and an even stronger inside (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 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.

### 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 funded and staffed by Jordan School District. 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 Jordan 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>.