

Building a Lifeline for Your Teens An opportunity for parents to develop the skills necessary to help teens manage their lives in a healthy manner. Classes include: brain development, managing anxiety and depression, communication, technology, sleep, problem solving.

Let's Talk: A parent-teen communication class (for parents and their teenage children) This class is designed to help parents and students overcome communication barriers and repair relationships.

Mindful Kids: Learning to calm our minds and bodies (grades 2 - 6) Children will learn mindful breathing, participate in fun, mindful activities and develop mindful attitudes and actions.

Practical Parenting Solutions: Practical solutions for parenting challenging children and teens Parents will learn strategies for avoiding and resolving conflicts. Topics will include communication techniques, identification of conflict triggers, and strategies to resolve problems.

QPR (Question, Persuade, Refer): Tools for supporting individuals who are at risk of suicide QPR teaches individuals skills to recognize warning signs of suicide as well as questioning, persuading and referring individuals in crisis.

Surviving the Death of a Loved One: A monthly grief support group for adults.

Super Heroes Social Skills (grades 1 – 4) This class helps young children with Autism Spectrum Disorder, behavioral disorders or developmental delays enhance their social skills and navigate their world.

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 child in socially adapting and successfully navigating their world.

Timely Topics A one night seminar addressing various topics. Parents are welcome to attend any or all of the sessions. Classes include: Internet Safety, Homework Hassles, Co-parenting through Separation or Divorce, Depression Toolkit, Video Gaming Addiction, Entrenamiento Efectivo para Padres

Tobacco E.N.D. (Ending Nicotine Dependence) program for youth E.N.D. is a tobacco cessation program designed especially for teens. The program builds skills concerning tobacco and vaping use as well as focuses on developing a wide variety of coping skills.

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



JORDAN SCHOOL DISTRICT SPECIAL EDUCATION CHILD FUND

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 in Jordan School District at 801-567-8176. special.ed@jordandistrict.org

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



JORDAN FAMILY EDUCATION CENTER

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

All classes, unless otherwise specified, are held for six weeks, from 7:00 - 9:00 p.m.

FALL QUARTER 2019 starts the week of September 9, 2019 (the Center will be closed Sep. 25; Oct. 21 - 25, Oct. 31; Nov. 27 - 29, 2019)

TUESDAY

- Classes:**
- Blues Busters (Elementary):** A class for children who are sad or worried (Grades 3-6)
Preston Tenney; Kristi Robson; Tida Blackburn
 - Blues Busters (Secondary):** A class for adolescents who are sad or worried (Grades 7-12)
Sara Susov
 - Blues Busters (Parents):** Skills for parents of children who are sad or worried
Casey Pehrson
 - Calming the Storm Within:** Anger management for adults
Clinton Thurgood; Donna Salmen, Ph.D.
 - Caught in the Crossfire:** A class for children dealing with divorce (Grades 2-6)
Taryn Roberts; Amy Dyreng
 - Effective Parent Training:** How to get your children to do what you want them to do
Taryn Nicksic-Springer, Ph.D., BCBA; Kiersten Cole
 - Just Breathe:** Teens learning to live mindfully with stress and drama (Grades 7-12)
Jessica Sylvan, Angie Mar Velez
 - QPR: (Question, Persuade, Refer) Tools for supporting individuals at risk of suicide**
Dates: Sep. 17, Oct. 15, Nov. 19, Dec. 17, 2019 (one night only) (Adults only)
Mike Wilkey, Derek Bennett
 - Youth Protection: A guide for parents addressing bullying, internet safety, child sexual abuse, substance use and abuse, and suicide prevention**
One night only: Oct. 29, 2019 (Adults only)
Cindy Watkins; Steve Cherry

WEDNESDAY

- Support Group:**
- Surviving the Death of a Loved One: A monthly grief support group for adults (Adults Only)**
Dates: Oct. 2; Nov. 6; Dec. 4
Karen Johnson
- Classes:**
- High School Anger Management (4 weeks)**
Sara Susov
 - Building a Lifeline for your Teens (Parent Group)**
Cindy Watkins
 - Making and Keeping Friends (Children's Group) (Grades 2-6)**
Aubree James; Amber Jones
 - Mind Shift: Managing your anxiety instead of it managing you (Grades 7 - 12)**
Valerie Ashley, Julie Walker, Rachel Trayner
 - Parents Helping Children Make and Keep Friends (Parent Group)**
Andy Baggs, John Blodgett
 - Positive Parenting Practices: For your child with Attention Deficit/Hyperactivity Disorder (A.D.H.D.) (9 weeks)**
Kevin Damron, John Simpson
 - Youth Protection: A guide for parents addressing bullying, internet safety, child sexual abuse, substance use and abuse, and suicide prevention**
One night only: Nov. 13 (Adults only)
Cindy Watkins; Steve Cherry

THURSDAY

- Classes:**
- Let's Talk: A parent-teen communication class**
Markie Harper; Jami Adams
 - Liking the Girl in the Mirror: Self-Esteem (Grades 7-12)**
Katherine Campbell
 - Mindful Kids: Learning to calm our minds and bodies (Grades 3 - 6)**
Monica Amador; Erin Thorpe
 - Practical Parenting Solutions: Practical solutions for parenting challenging children and teens**
Alisa Jones
 - Super Heroes Social Skills: Social skills (Grades 1-4)**
Arturo Ramirez
 - Supporting your Child with Autism: A class for parents of children with Autism Spectrum Disorder**
Lisa Stillman, Elizabeth MacDougall
 - Timely Topics: One-session seminars for parents (Parents may attend any or all sessions)**
• Sept. 12, 2019: Internet Safety
Dustin Fullmer
• Sept. 19, 2019: Homework Hassles
Naomi Varuso
• Sept. 26, 2019: Co-parenting through divorce
Vicki Robinson
• Oct. 3, 2019: Depression Toolkit
Casey Pehrson
• Oct. 10, 2019: Video Gaming Addiction
Dustin Fullmer
• Oct. 17, 2019: Entrenamiento Efectivo para Padres
Denis Alvarez
 - Suicide Prevention Training for Educators (Fulfills half of USOE requirement for re-licensure) (Adults only)**
One night only: Nov. 7, 2019
Cindy Watkins

TO REGISTER CALL 801-565-7442

CLASSES THAT RUN WEEKLY THROUGHOUT THE TRADITIONAL SCHOOL YEAR (7:00 - 9:00 pm):

Elementary Anger Management (3 weeks) (grades 3-6) Thursdays Thursdays
Rex Prescott; Jon Stewart

Middle School Anger Management (4 weeks) Wednesdays Wednesdays
Romney Stevens, Ph.D.; Dennis Sisco-Taylor

Tuacy School For Students (3 weeks) (Call to schedule) Thursdays
Casey Pehrson

Tobacco E.N.D. (Ending Nicotine Dependence) program for youth (4 weeks) Wednesdays
Dustin Fullmer, Steve Corry, Naomi Varuso, Denis Alvarez