



# 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

WINTER QUARTER STARTS JANUARY 12, 2021 (the Center will be closed February 10-11, 2021)



**Because of COVID-19 regulations, enrollment will be limited • CALL TO REGISTER 801-565-7442**

## TUESDAY

6:00 p.m. to 7:30 p.m. classes

- Blues Busters (elementary): A class for children who are sad or worried** (grades 3-6)  
*Preston Tenney; Krista Liles; Kara Peterson; Tida Blackburn*
- Blues Busters for Teens:** (grades 7-12)  
*Sara Susov; Craig Brown*
- Blues Busters (parents): Skills for parents of children and teens who are sad or worried**  
*Casey Pehrson; Kathleen Garibaldi*
- Just Breathe: Teens learning to live mindfully with stress and drama** (grades 7-12)  
*Jessica Sylvan; Angie Mar-Velez*
- Caught in the Crossfire: A group for children dealing with divorce** (ages 7-12)  
*Elizabeth White; Zoe Curry*
- Safeguarding Our Youth: A guide for parents addressing bullying, internet safety, child sexual abuse, substance use and abuse, and suicide prevention** (adults only) One night only: Feb. 16, 2021  
*Cindy Watkins; Becky Cramer*

7:00 p.m. to 8:30 p.m. classes

- Calming the Storm Within: Anger management for adults**  
*Donna Salmen, Ph.D.; Clinton Thurgood*
- Effective Parent Training: How to get your children to do what you want them to do**  
*Taryn Nicksic-Springer, Ph.D., BCBA; Kiersten Cole*
- Surviving the Death of a Loved One: A monthly grief support group for adults** (adults only)  
Dates: Tuesday, January 12, February 9, March 9, April 13, May 11, 2021  
*Karen Johnson*
- QPR: (Question, Persuade, Refer) Tools for supporting individuals at risk of suicide** (adults only)  
One night only: January 26, February 23, March 23, 2021  
*Mike Wilkey; Derek Bennet*

## WEDNESDAY

6:00 p.m. to 7:30 p.m. classes

- Making and Keeping Friends** (children's group, grades 2-6)  
*Aubree James; Jessica Wassink; Mary Hollibush; Natasha Hunt*
- Parents Helping Children Make and Keep Friends** (parent group) *Andy Baggs; John Blodgett*
- Mind Shift: Managing your anxiety instead of it managing you** (grades 7-12)  
*Valerie Ashley; Kathy Campbell*
- Tobacco END (Ending Nicotine Dependence) program for youth** (4 weeks, grades 6-12)  
This class is offered throughout the traditional school year  
*Denis Alvarez; Steve Cory; Dustin Fullmer; Naomi Varuso*
- Safeguarding Our Youth: A guide for parents addressing bullying, internet safety, child sexual abuse, substance use and abuse, and suicide prevention** (adults only)  
One night only: January 13, 2021  
*Cindy Watkins; Becky Cramer*

7:00 p.m. to 8:30 p.m. classes

- Anger Management: Middle School** (4 weeks)  
This class is offered throughout the traditional school year  
*Romney Stevens, Ph.D.; Dennis Sisco-Taylor, Ph.D.*
- Anger Management: High School** (4 weeks)  
This class is offered throughout the traditional school year  
*Sara Susov; Craig Brown*
- Positive Parenting Practices: For your child with Attention Deficit/Hyperactivity Disorder (A.D.H.D.)** (7 weeks) *Kevin Damron; John Simpson*

**BECAUSE OF COVID-19 REGULATIONS, JORDAN SCHOOL DISTRICT AND JORDAN FAMILY EDUCATION CENTER RECOMMEND THE FOLLOWING:**

- WEAR A CLOTH FACE COVERING
- PRACTICE SOCIAL DISTANCING
- STAY HOME IF YOU ARE NOT FEELING WELL

## THURSDAY

6:00 p.m. to 7:30 p.m. classes

- Anger Management: Elementary** (3 weeks, grades 3-6)  
This class is offered throughout the traditional school year  
*Olin Levitt, Ph.D.; Naomi Varuso; Jon Stewart; Brandon Jenkins*
- Practical Parenting Solutions: Practical solutions for parenting challenging children and teens**  
*Rex Prescott; Alisa Jones*
- Mindful Kids: Learning to calm our mind and body** (grades 2-6)  
*Erin Thorpe; Melana Kasper; Monica Amador; Yolimar Burgos*
- Super Heroes Social Skills: Social Skills** (grades 1-4)  
*Arturo Ramirez; Manny Colòn*
- Supporting your Child with Autism: A class for parents of children with Autism Spectrum Disorder**  
*Lisa Stillman; Emma Yavel*

7:00 p.m. to 8:30 p.m. classes

- Liking the Girl in the Mirror: Self-Esteem** (grades 7-12)  
*Makayla Hegburg; Morgan Hunter*
- Timely Topics**  
**One-night seminars for parents. Parents may attend any or all sessions.** *Haley Kirk*  
**January 14, 2021 Internet Safety for our Children**  
*Dustin Fullmer*  
**January 21, 2021 Co-parenting through Divorce**  
*Vicki Robinson*  
**January 28, 2021 Study Skills: Supporting Your Teen**  
*Naomi Varuso*  
**February 4, 2021 Life Hacks for Coping with Depression**  
*Casey Pehrson*  
**February 18, 2021 Video Gaming Addiction**  
*Dustin Fullmer*

**Practical Parenting Practices: 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 children in socially adapting and successfully navigating their world.

**Calming the Storm Within: Anger Management for adults** This class is designed to teach alternatives to “losing your cool” so that anger can be used to resolve, rather than intensify conflict situations.

**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.

**Mindful Kids: Learning to calm our mind and body** (Grades 2-6) Children will participate in fun activities to learn mindful breathing and develop mindful attitudes and actions.

**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.

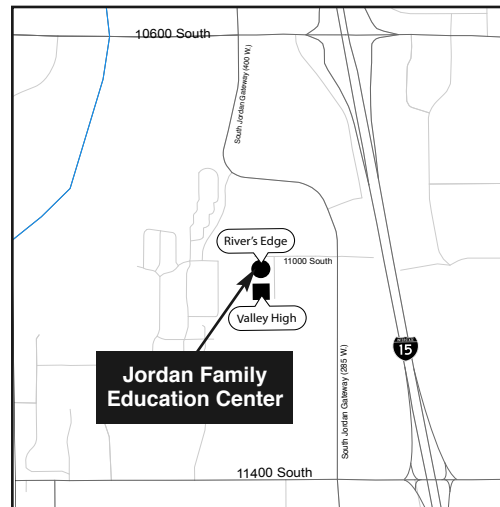
**Timely Topics: One-night seminars for parents addressing various pertinent topics** Parents are welcome to attend any or all of the sessions. Classes include: Co-parenting through Divorce, Video Gaming Addiction, Study Skills: Supporting your teen, Life Hacks for Coping with Depression, Internet Safety for our Children.

### 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 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 in Jordan School District at 801-567-8176. [special@jordandistrict.org](mailto:special@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.