



# **OQUIRRH ELEMENTARY PARENT NIGHT**



## **FINISHING THE YEAR STRONG... Parenting Hacks that Work**

**MARCH 18, 2026**

**6:00 to 7:00 PM**

**Oquirrh Elementary Media Center**

### **LEARN HOW TO:**

- **Set Successful Boundaries**
- **Address Challenging Behavior**
- **Foster Safety, Hope & Resilience in our Complex and Challenging World**

**Presented by:**

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**Oquirrh Elementary School**

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**801-565-7474 ext. 4486**

**Childcare and refreshments provided**

# Wellness Resources Available to Oquirrh Parents

## Jordan Family Education Center

We have some great resources at our Jordan Education Family Center which can include 10 weeks of free counseling for students by licensed clinical staff when needed, as well as a great variety of workshops and class offerings for students and parents. They are located at River's Edge School, 319 West 11000 South, South Jordan. See website for current class offerings.

<https://guidance.jordandistrict.org/jfec/>

## Jordan School District's Health and Wellness Website

There are also many amazing resources and helps available to your families at Jordan School District's Health and Wellness website which can put you in touch with outpatient resources, podcasts, and helps during difficult times. They even have a spreadsheet of local outpatient providers of mental health services and their specialties.

<https://wellness.jordandistrict.org/>

## Safe Utah App

Another wonderful tool is the Safe Utah App which you and your students can download on your phones for free if they are struggling with strong emotions or worried about a friend. They have a confidential chat line that can put them in touch with mental health professionals free of charge.

<https://healthcare.utah.edu/uni/safe-ut/>



## Free District Endorsed Online Resource:

<https://parentguidance.org/mhsindex/>