

Jordan Family Education Center

River's Edge School

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CLASS DESCRIPTIONS FALL 2019



CLASSES BEGIN THE WEEK OF SEPTEMBER 9, 2019

CLASSES THAT RUN WEEKLY THROUGHOUT THE TRADITIONAL SCHOOL YEAR:

- **Middle School Anger Management (grades 7-9) Wednesdays (4 weeks)**
- **Elementary Anger Management (grades 3-6) Thursdays (3 weeks)**
- **Truancy School for Students Thursdays (3 weeks)**
A class for students and parents that addresses attendance, identifying influences and consequences of behavior, goal setting, and communication skills. Call to register.
- **Tobacco E.N.D. (Ending Nicotine Dependence) for students Wednesdays (4 weeks)**
E.N.D. is a tobacco cessation program that builds skills and knowledge concerning tobacco use, and focuses on developing a wide variety of social skills, including: communication, stress management, decision making, goal setting, nutrition and physical activity.

TUESDAY CLASSES

1. **Blues Busters (elementary): A class for children who are sad or worried.** (grades 3-6)
This class teaches coping strategies to help children deal more successfully with depression and anxiety.
2. **Blues Busters (secondary): A class for adolescents who are sad or worried.** (grades 7-12)
This class teaches coping strategies to help teenagers deal more successfully with depression and anxiety.
3. **Blues Busters (Parents): Skills for parents of children who are sad or worried.** (parent group)
This class helps parents understand the symptoms of anxiety and depression in children, and their various treatment methods. Parents will also learn how to help children dealing with these issues cope with daily activities, build self-esteem, and relate to other children.
4. **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
5. **Caught in the Crossfire: A group for children dealing with divorce** (grades 2-6)
This support group helps children develop an understanding of the emotions related to divorce.
6. **Effective Parent Training: How to get your children to do what you want them to do**
This class provides a step-by-step approach to changing children's behavior in a positive way
7. **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 efficient coping with difficult situations, as well as decreased stress and anxiety.
8. **Question, Persuade, Refer: Tools for supporting individuals who are at risk of suicide** (adults only) (one night only)
QPR is a one-night training designed to give individuals the tools they need to recognize warning signs of suicide as well as questioning, persuading and referring individuals in crisis.
9. **Youth Protection: A seminar for parents addressing bullying, Internet safety, child sexual abuse, substance use and abuse, and suicide prevention** (adults only) (one night only)
Parents will learn about bullying; internet safety; child sexual abuse; substance use and abuse; and causes, myths and symptoms of suicide among children and adolescents

WEDNESDAY CLASSES

10. **Surviving the Death of a loved One: A monthly grief support group for adults** (adults only)
11. **High School Anger Management** (grades 10-12) (4 weeks)

12. **Building a Lifeline for your Teens** (parent group) 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.
13. **Making and Keeping Friends** (children's group) (grades 2-6)
Classes focus on problem solving, goal setting, and social skills. Classes are for parents and their children; parents are required to attend a separate, corresponding class (refer to class #15).
14. **Mind Shift: Managing your anxiety instead of it managing you** (grades 7-12)
This class will provide fun activities to support teens that may experience feelings of sadness, anxiety or worry.
15. **Parents helping children make and keep friends** (parent's group)
Classes focus on problem solving, goal setting, and social skills. Classes are for parents and their children; refer to class #13 for the separate, corresponding children's class.
16. **Positive Parenting Practices for the child with Attention-Deficit/Hyperactivity Disorder (A.D.H.D.)** (9 weeks)
This class is for parents whose children have been diagnosed as having Attention-Deficit/Hyperactivity Disorder (A.D.H.D.). The class will stress behavior management techniques for increasing compliance at home and school.
17. **Youth Protection: A seminar for parents addressing bullying, Internet safety, child sexual abuse, substance use and abuse, and suicide prevention** (adults only)
Refer to class #9 for details.

THURSDAY CLASSES

18. **Let's Talk: A parent-teen communication class** (for parents and their teenagers)
This class is designed to help parents and students overcome communication barriers and repair relationships.
19. **Liking the Girl In the Mirror: Self-Esteem** (grades 7-12)
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.
20. **Mindful Kids: Learning to calm our minds and bodies** (grades 3-6)
Children will learn mindful breathing, attitudes and actions while participating in fun activities,
21. **Practical Parenting Solutions: Practical solutions for parenting challenging children and teens**
Parents will learn strategies for avoiding and resolving conflicts. Topics will include effective communication techniques and identification of conflict triggers and strategies. The class is recommended for parents of children between the ages of 10 -16, although parents of younger and older children may also attend.
22. **Super Heroes Social Skills: Social Skills** (grades 1-4)
This class helps children enhance their social skills.
23. **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.
24. **Timely Topics**
One-night seminars for parents addressing various topics. Parents are invited to attend any or all sessions. Seminars: internet safety; homework hassles; co-parenting through separation or divorce; depression toolkit; video gaming addiction; entrenamiento efectivo para padres. (refer to class list for specific dates)
25. **Suicide Prevention for Educators**
This one-hour class fulfills half of USOE requirements for suicide prevention training for re-licensure. Educators will learn about causes, myths, and symptoms of suicide among children and adolescents. The purpose of this class is to raise awareness, sensitivity and steps to take when dealing with potentially suicidal youth. Register on-line on Jordan School District's JPLS website.