

**Davis Behavioral Health
Prevention & Education Classes
2018 - 2019**

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotional Wellness Classes				
Anger Management – Kids 6yrs – 11yrs FREE	Thursday, September 6 Thursday, November 1 Thursday, January 3 Thursday, February 21 Thursday, June 6	5:00 – 5:55pm 9:00 – 9:55am	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
Anger Management – Youth 12yrs – 17yrs FREE	Thursday, September 6 Thursday, November 1 Thursday, January 3 Thursday, February 21 Thursday, June 6	4:00 – 4:55pm 10:00 – 10:55am	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
Anger Management – Men \$80	Monday, August 13 Monday, October 22 Monday, January 7 Monday, March 25 Monday, June 3	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Sycamore Room
Anger Management – Women FREE	Thursday, August 23 Thursday, October 25 Thursday, January 10 Thursday, March 21 Thursday, June 6	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Dogwood Room
Learning to Breathe Free	Thursday, September 6 Thursday, November 1 Thursday, January 3 Thursday, February 21	5:00-6:00pm	6 Weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Cloud Room
Mindfulness Based Stress Reduction <i>Registration required</i>	Tuesday, September 18 Tuesday, January 15 Tuesday, March 26	Morning 9:30am-noon	8 Weeks	Davis Behavioral Health 934 South Main Street Layton
	Wednesday, September 19 Wednesday, January 16 Wednesday, March 27	Evening 6:30-9:00pm	8 Weeks	Vista Education Campus 97 S. 200 E. Farmington
Family Classes				
Survivor Skills for Families Parenting Class for families with Children ages 7-17 FREE	Monday, September 10 Monday, November 5 Monday, January 28 Monday, April 8	6:00-8:00pm	7 weeks	Syracuse Elementary Lincoln Elementary Valley View Elementary Holt Elementary
Strengthening Families Parenting Class for Families w/ Children ages 10-14 FREE	Monday, September 10 Monday, November 5 Monday, January 28 Monday, April 8	6:00-8:30pm	7 weeks	King Elementary Odyssey Elementary West Point Elementary Clinton Elementary
Parenting Classes				
Love and Logic (Parent of children ages 6-15) FREE For Adults only, no childcare provided	Thursday, September 6 Wednesday, September 19 Thursday, October 25 Wednesday, January 16 Thursday, February 21 Wednesday, April 10 Thursday, June 6	6:30-8:00pm	6 weeks	West Clinton Elementary Orchard Elementary Doxey Elementary Stewart Elementary Cook Elementary Adelaide Elementary Davis Behavioral Health

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Emotion Coaching	Thursday, September 6 Thursday, November 1 Thursday, January 3 Thursday, February 21	5:00-6:00pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Dogwood Room
	Thursday, September 6 Thursday, November 1 Thursday, January 3 Thursday, February 21	7:00-8:00pm	6 weeks	Farmington Elementary Bluff Ridge Elementary Whitesides Elementary Lincoln Elementary
Incredible Years (Parents of children ages 2-8) FREE	Tuesday, September 18 Wednesday, September 19 Wednesday, January 9 Tuesday, February 5	6:30-8:30pm	12 weeks	Antelope Elementary Layton Elementary So. Clearfield Elementary Family Enrichment Center
Relationship Classes				
Fearless Marriage FREE	Thursday, October 4 Thursday, November 8 Thursday, January 3 Thursday, January 31 Thursday, March 7 Thursday, April 11 Thursday, May 9	6:00 – 8:00 Dinner served at 5:30	4 Weeks	Morgan Elementary Clinton Elementary Taylor Elementary Boulton Elementary Parkside Elementary Columbia Elementary Buffalo Point Elementary
Avoiding Falling for a Jerk /Jerkette FREE	Monday, August 6 Monday, October 15 Monday, January 28 Monday, April 8 Monday, June 10	6:00 – 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
Couple – LINKS FREE	Monday, July 9 Monday, September 10 Monday, November 12 Monday, March 4 Monday, May 6	5:30 - 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
Substance Abuse Classes				
For Teens				
PRI – JUV Teens	Monday, September 24 Monday, October 8 Monday, October 22 Monday, November 19 Monday, November 26 Monday, December 10 Monday, January 14 Monday, January 28 Monday, February 11 Monday, February 25 Monday, March 11 Monday, March 25 Monday, April 8 Monday, April 22	<u>Week 1</u> 4:00 – 8:30 <u>Week 2-5</u> 6:30 – 8:30	5 Weeks	Davis Behavioral Health 934 S. Main St. Layton Cedar Room