

**Davis Behavioral Health  
Prevention & Education Classes  
Summer 2019**

CLASS	START DATES	TIME	WEEKS	LOCATION
<b>Emotional Wellness Classes</b>				
<b>Anger Management – Kids</b> 6yrs – 11yrs <b>FREE</b>		9:00 – 9:55am	6 weeks	Davis Behavioral Health 934 S. Main St. Layton  Children and Youth Clinic Sea Glass Room
<b>Anger Management – Youth</b> 12yrs – 17yrs <b>FREE</b>		10:00 – 10:55am	6 weeks	Davis Behavioral Health 934 S. Main St. Layton  Children and Youth Clinic Sea Glass Room
<b>Anger Management – Men</b> \$80	Monday, August 5 Monday, October 7	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton  Adult Clinic - Sycamore Room
<b>Anger Management – Women</b> <b>FREE</b>	Thursday, August 22 Thursday, November 7	6:30-8:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton  Adult Clinic - Dogwood Room
<b>Learning to Breathe</b> For Jr. High High School Young Adults – (18 – 21) \$50	Monday, June 10 Tues. & Thurs. June 11 Tues. & Thurs. July 9	4:00 – 5:15 11:00 – 12:15 11:00 – 12:15	6 Weeks 3 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
<b>Mindfulness Based Stress Reduction</b> <i>Registration required</i> \$250	Monday, June 3 Tuesday, June 4	9:30 – 12:00PM 6:30 – 9:00PM	8 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
			8 Weeks	Vista Education Campus 97 S. 200 E. Farmington
<b>Family Classes</b>				
<b>Survivor Skills for Families</b> Parenting Class for families with Children ages 7-17 <b>FREE</b>	Check back in August for our Fall Classes	6:00-8:00pm	6 weeks	
<b>Strengthening Families</b> Parenting Class for Families w/ Children ages 10-14 <b>FREE</b>	Check back in August for our Fall Classes	6:00-8:30pm	7 weeks	
<b>Parenting Classes</b>				
<b>Love and Logic</b> (Parent of children ages 6-15) <b>FREE</b> For Adults only, no childcare provided	Thursday, June 6	6:30-8:00pm	6 weeks	Davis Behavioral Health
<b>Emotion Coaching</b> For Adults only, no childcare provided	Check back in August for our Fall Classes	5:00-6:00pm	6 weeks	
		7:00-8:00pm	6 weeks	
<b>Incredible Years</b> (Parents of children ages 2-8) <b>FREE</b>	Check back in August for our Fall Classes	6:30-8:30pm  9:30 – 11:30am	12 weeks	
<b>Relationship Classes</b>				
<b>Fearless Marriage</b> <b>FREE</b>	Thursday, April 11 Thursday, May 9	6:00 – 8:00 Dinner served at 5:30	4 Weeks	Columbia Elementary Buffalo Point Elementary

**Davis Behavioral Health  
Prevention & Education Classes  
Summer 2019**

<b>CLASS</b>	<b>START DATES</b>	<b>TIME</b>	<b>WEEKS</b>	<b>LOCATION</b>
<b>Avoiding Falling for a Jerk /Jerkette</b> <b>FREE</b>	Monday, June 10	6:00 – 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
<b>Couple – LINKS</b> <b>FREE</b>		5:30 - 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
<b>Substance Abuse Classes</b>				
<b>For Teens</b>				
<b>PRI – JUV</b> <b>Teens</b>		4:00 – 6:00pm	5 Weeks	Davis Behavioral Health 934 S. Main St. Layton  Cedar Room
<b>For Adults – 18 and Older</b>				
<b>Alcohol/Drug Intervention</b> <b>18 and Older</b> (Level 2 Class) Cost \$150.00	July 20 & 21 August 17 & 18 September 21 & 22 October 19 & 20 November 16 & 17 December 21 & 22	9:00am-5:00pm	Sat & Sun 2 day class	Davis Behavioral Health 934 S. Main St. Layton
<b>Prime for Life – Adult</b> <b>18 and Older</b> (DUI Class) Cost \$150.00	Tuesday, July 9 Tuesday, August 13 Tuesday, September 24 Tuesday, November 5	6:00-9:30	5 Weeks	Davis Behavioral Health 934 S. Main St. Layton

If you have questions or if you want to register for classes, please call Angie Smith 801-773-7060  
Or register online @ [dbhprevention.org](http://dbhprevention.org)