

**Davis Behavioral Health
Prevention & Education Classes
2019 - 2020**

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotional Wellness Classes				
Managing Emotions – Kids 6yrs – 11yrs FREE	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	5:00 – 5:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
Managing Emotions – Youth 12yrs – 17yrs FREE	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	4:00 - 4:55pm	6 weeks	Davis Behavioral Health 934 S. Main St. Layton Children and Youth Clinic Sea Glass Room
Managing Emotions – Men \$80	Monday, June 3 Monday, August 5 Monday, October 7	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Sycamore Room
Managing Emotions – Women FREE	Thursday, August 22 Thursday, November 7	6:30-8:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Dogwood Room
Learning to Breathe \$50	Tuesday, September 24 (Teens 13-17) Wednesday, September 25 (Young Adults 18-21)	4:30 – 5:45pm 4:30 – 5:45pm	6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Mindfulness Based Stress Reduction <i>Registration required</i> \$250	Wednesday, September 18 (Men Only Class) Monday, September 23 Tuesday, October 22	6:30 – 9:00PM 9:30 – Noon 6:30 – 9:00PM	8 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Family Classes				
Survivor Skills for Families Parenting Class for families with Children ages 7-17 FREE	Monday, September 9 Monday, October 21 Monday, January 27 Monday, March 16	6:00-8:00pm	6 weeks	Cook Elementary East Layton Elementary Foxboro Elementary Snow Horse Elementary
Strengthening Families Parenting Class for Families w/ Children ages 10-14 FREE	Monday, September 9 Monday, October 28 Monday, January 27 Monday, April 6	6:00-8:30pm	7 weeks	Bountiful Elementary Crestview Elementary Farmington Elementary Sunset Elementary
Parenting Classes				
Love and Logic (Parent of children ages 6-15) FREE For Adults only, no childcare provided	Thursday, September 5 Wednesday, September 25 Thursday, November 7 Wednesday, January 15 Thursday, February 20 Wednesday, April 8 Thursday, June 4	6:30-8:00pm	6 weeks	Centerville Elementary Kays Creek Elementary Canyon Creek Elementary Mountain View El Sand Springs Elementary Wasatch Elementary Davis Behavioral Health
Emotion Coaching For Adults only, no childcare provided	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	5:00-6:00pm	6 weeks	Davis Behavioral Health

**Davis Behavioral Health
Prevention & Education Classes
2019 - 2020**

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotion Coaching For Adults only, no childcare provided	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	7:00-8:00pm	6 weeks	Burton Elementary Eagle Bay Elementary Ellison Park Elementary South Weber Elementary Tolman Elementary
Incredible Years (Parents of children ages 2-8) FREE	Tuesday, September 17 Wednesday, September 18 Wednesday, January 8 Tuesday, February 4	6:30-8:30pm 9:30 – 11:30am	12 weeks	Endeavour Elementary Lakeside Elementary Meadowbrook Elementary Family Enrichment Center
Relationship Classes				
Fearless Marriage FREE	Thursday, September 19 Thursday, November 7 Thursday, January 9 Thursday, February 6 Thursday, March 5 Thursday, April 9 Thursday, May 7	6:00 – 8:00 Dinner served at 5:30	4 Weeks	Doxey Elementary Heritage Elementary Kaysville Elementary Knowlton Elementary Lincoln Elementary Orchard Elementary Windridge Elementary
Avoiding Falling for a Jerk /Jerkette FREE		6:00 – 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
Couple – LINKS FREE		5:30 - 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room