

**Davis Behavioral Health  
Prevention & Education Classes  
2020 – 2021**

CLASS	START DATES	TIME	WEEKS	LOCATION
<b>Emotional Wellness Classes</b>				
<b>KIDS</b> <b>Managing Emotions</b> Kids in elementary school FREE	September 14 (Mon & Wed)	4:00 & 5:00	Twice a week for 3 weeks	Via Zoom - Online
	September 15 (Tues & Thurs)	10:00 & 11:00 4:00 & 5:00		
	October 19 (Mon & Wed)	4:00 & 5:00		
	October 20 (Tues & Thurs)	10:00 & 11:00 4:00 & 5:00		
<b>TEENS</b> <b>Learning to Breathe</b> Jr. High & High School FREE	September 14 (Mon & Wed)	3:00-4:00 (HS) 4:00-5:00 (JH)	Twice a week for 3 weeks	Via Zoom - Online
	September 15 (Tues & Thurs)	3:00-4:00 (HS) 4:00-5:00 (JH)		
	October 5 (Mon & Wed)	3:00-4:00 (HS) 4:00-5:00 (JH)		
	October 6 (Tues & Thurs)	3:00-4:00 (HS) 4:00-5:00 (JH)		
<b>Anger Management</b> <b>Men</b> FREE	Monday, September 14 Monday, November 16	5:30-7:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Sycamore Room
<b>Anger Management</b> <b>Women</b> FREE	September 15 (Tues & Thurs) October 20 (Tues & Thurs)	6:30-8:00pm	4 Weeks	Via Zoom - Online
<b>Mindfulness Based</b> <b>Stress Reduction</b> <b>Adults</b>	Monday, September 21	9:30-12:00pm	9 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
	Tuesday, September 22	9:30-12:00pm		
	Tuesday, September 22	6:30-9:00pm		
<b>Family Classes</b>				
<b>Strengthening Families</b> FREE	SELF-PACED			Online
<b>Parenting Classes</b>				
<b>Emotion Coaching</b> For Adults only no childcare provided FREE	Wednesday, September 9	6:30-8:00	4 weeks	Ellison Park Elementary 800 Cold Creek Way, Layton
	Monday, September 14 Tuesday, September 15 Wednesday, September 16 Thursday, September 17	8:00-9:30pm	Once a week for 4 weeks	Via Zoom - Online
	Wednesday, October 7	6:30-8:00	4 weeks	Lakeside Elementary 2941 West 800 North, West Point
	Monday, October 19 Tuesday, October 20 Wednesday, October 21 Thursday, October 22	8:00-9:30pm	Once a week for 4 weeks	Via Zoom - Online
<b>Relationship Classes</b>				
<b>Fearless Marriage</b> FREE  Dinner provided at in person classes	Wednesday, September 2	8:00-10:00pm	4 Weeks	Virtual class via Zoom
	Thursday, September 3	5:30- 8:00pm		Odyssey Elementary
	Thursday, October 1	5:30-8:00pm		Wasatch Elementary
	Monday, October 5	8:00-10:00pm		Virtual class via Zoom
	Wednesday, October 7	8:00-10:00pm		Virtual class via Zoom
	Wednesday, November 4	8:00-10:00pm		Virtual class via Zoom
	Thursday, November 5	5:30-8:00pm		Endeavor Elementary
	Wednesday, December 2	8:00-10:00pm		Virtual class via Zoom

<https://www.dbhutah.org/prevention/>