

Davis Behavioral Health Prevention Schedule Winter/Spring 2023

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotional Wellness Classes				
Mindfulness Based Stress Reduction	Thursday, January 19, 2023	6:30-9:00pm	9 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd
	Wednesday, January 25, 2023	6:30-9:00pm	9 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd
	Tuesday, January 31, 2023	6:30-9:00pm	9 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd
Family Classes				
Strengthening Families	SELF-PACED			Online
Strengthening Families	Monday, January 23, 2023	6:00-8:30pm	7 weeks	Buffalo Point Elementary
	Monday, January 23, 2023	6:00-8:30pm	7 weeks	Bountiful Elementary
	Monday, January 23, 2023	6:00-8:30pm	7 weeks	Lincoln Elementary
	Thursday, February 2, 2023 SPANISH	6:00-8:30pm	7 weeks	Layton Elementary
	Monday, March 13, 2023	6:00-8:30pm	7 weeks	Doxey Elementary
Parenting Classes				
Emotion Coaching	Thursday, January 12, 2023	8:00-9:30pm	4 Weeks	Via Zoom - Online
	Monday, January 23, 2023			
	Wednesday, February 8, 2023			
	Thursday, February 23, 2023			
	Monday, March 6, 2023			
	Monday, April 10, 2023			
	Tuesday, April 25, 2023			
	Wednesday, May 3, 2023			
Circle of Security Parenting	Wednesday, January 18, 2023	5:30-7:00pm	8 weeks	Stewart Elementary
	Thursday, January 19, 2022 SPANISH	5:30-7:00pm		Holt Elementary
	Wednesday, February 1, 2023	5:30-7:00pm		Vae View Elementary
	Tuesday, February 7, 2023	5:30-7:00pm		Online
	Wednesday, February 8, 2023	5:30-7:00pm		Syracuse Elementary
	Thursday, February 9, 2023	5:30-7:00pm		North Salt Lake City Hall
	Thursday, March 16, 2023	5:30-7:00pm		Foxboro Elementary
Substance Abuse Classes				
Prime For Life	Tuesday, January 3, 2023	6:00 - 9:30pm	5 Weeks	Davis Behavioral Health 934 S. Main St. Layton
	Tuesday, February 14, 2023			
	Tuesday, March 28, 2023			
	Tuesday, May 9, 2023			
	Tuesday, June 20, 2023			
Alcohol and Drug Intervention	Saturday, January 21, 2023	9:00am - 5:00pm	2 Days	Davis Behavioral Health 934 S. Main St. Layton
	Saturday, February 18, 2023			
	Saturday, March 18, 2023			
	Saturday, April 15, 2023			
Community Presentations				
EveryDay Strong Presentations	Wednesday, January 11, 2023	6:00 - 7:30	1.5 Hours	Bountiful Police Department

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