

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

CLASS	START DATES	TIME	WEEKS	LOCATION
Emotional Wellness Classes				
Anger Management – Kids 6yrs – 11yrs FREE	Thursday, June 6	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, June 6	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, 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, June 6	6:30-8:00pm	8 Weeks	Davis Behavioral Health 934 S. Main St. Layton Adult Clinic - Dogwood Room
Learning to Breathe For Jr. High High School Young Adults – (18 – 21) \$50	Summer Classes TBD – Check website for updates		6 Weeks	Davis Mindfulness Center 476 Heritage Park Blvd. #120 Layton
Mindfulness Based Stress Reduction <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
Family Classes				
Survivor Skills for Families Parenting Class for families with Children ages 7-17 FREE	Check back in August for our Fall Classes	6:00-8:00pm	6 weeks	
Strengthening Families Parenting Class for Families w/ Children ages 10-14 FREE	Check back in August for our Fall Classes	6:00-8:30pm	7 weeks	
Parenting Classes				
Love and Logic (Parent of children ages 6-15) FREE For Adults only, no childcare provided	Thursday, June 6	6:30-8:00pm	6 weeks	Davis Behavioral Health
Emotion Coaching 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	
Incredible Years (Parents of children ages 2-8) FREE	Check back in August for our Fall Classes	6:30-8:30pm 9:30 – 11:30am	12 weeks	
Relationship Classes				
Fearless Marriage FREE	Thursday, April 11 Thursday, May 9	6:00 – 8:00 Dinner served at 5:30	4 Weeks	Columbia Elementary Buffalo Point Elementary

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Avoiding Falling for a Jerk /Jerkette FREE	Monday, June 10	6:00 – 8:00pm	4 Weeks	Davis Behavioral Health 934 S. Main St. Layton Board Room
Couple – LINKS FREE	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, April 8	4:00 – 6:00pm	5 Weeks	Davis Behavioral Health 934 S. Main St. Layton Cedar Room
For Adults – 18 and Older				
Alcohol/Drug Intervention 18 and Older (Level 2 Class) Cost \$150.00	April 13 & 14 May 18 & 19 June 8 & 9	9:00am-5:00pm	Sat & Sun 2 day class	Davis Behavioral Health 934 S. Main St. Layton
Prime for Life – Adult 18 and Older (DUI Class) Cost \$150.00	Tuesday, April 9 Tuesday, May 21 Tuesday, July 2	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