

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

CLASS	START DATES	TIME	WEEKS	LOCATION
<b>Emotional Wellness Classes</b>				
<b>Managing Emotions – Kids</b> 6yrs – 11yrs <b>FREE</b>	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
<b>Managing Emotions – Youth</b> 12yrs – 17yrs <b>FREE</b>	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
<b>Managing Emotions – Men</b> \$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
<b>Managing Emotions – 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> \$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
<b>Mindfulness Based Stress Reduction</b> <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
<b>Family Classes</b>				
<b>Survivor Skills for Families</b> Parenting Class for families with Children ages 7-17 <b>FREE</b>	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
<b>Strengthening Families</b> Parenting Class for Families w/ Children ages 10-14 <b>FREE</b>	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
<b>Parenting Classes</b>				
<b>Love and Logic</b> (Parent of children ages 6-15) <b>FREE</b> <b>For Adults only, no childcare provided</b>	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
<b>Emotion Coaching</b> <b>For Adults only, no childcare provided</b>	Thursday, September 5 Thursday, November 7 Thursday, January 9 Thursday, February 20 Thursday, April 9	5:00-6:00pm	6 weeks	Davis Behavioral Health

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<b>Emotion Coaching</b> 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
<b>Incredible Years</b> (Parents of children ages 2-8) <b>FREE</b>	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
<b>Relationship Classes</b>				
<b>Fearless Marriage</b> <b>FREE</b>	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
<b>Avoiding Falling for a Jerk /Jerkette</b> <b>FREE</b>		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 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 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 January 18 & 19 February 15 & 16 March 21 & 22 April 18 & 19 May 16 & 17 June 13 & 14	9:00am- 5:00pm	Sat & Sun 2 day class	Davis Behavioral Health 934 S. Main St. Layton
<b>Prime for Life – Adult 18 and Older</b> (DUI Class) Cost \$150.00	Tuesday, May 21 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)